HENRIETTA MARIA REGINA

W. Faithorne fec:

Sold by Nat: Broo
att ye Angell in Cornh

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THE QUEENS CLOSET OPENED.

Incomparable Secrets in *Physick, Chirurgery, Preserving, Candying,* and *Cookery*;

As they were presented to the

QUEEN

By the most Experienced persons of our times, many whereof were honored with her own practice, when she pleased to descend to these more private Recreations.

Never before published.

With Additions.

Transcribed from the true Copies of her MAJESTIES own Receipt-Books, by *W. M.* one of her late servants.

Vivit post funera virtus.

London, Printed for *Nathaniel Brook* at the *Angel* in *Cornhil*, and *William Place* at *Grays-Inne-gate*, 1656.

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By W.M →

THE

QUEENS Closet opened,

To those persons of Honour and Quality, that presented many of these admirable Receipts at the feet of the Queens Majesty, the Publisher resigns them with his prostrate service whilst he breaths, and is

W. M.

Generous Reader,

MY particular Relation for many years to Her Majesties service, might easily, should I write my own History, rid thee of all scruples touching the truth of this Collection,

on, there being few or none of these Receipts presented to her Majesty, which were not transcribed into her Book by my self, the Originall papers being most of them preserved in my own hands, which I kept as so many Reliques, and should sooner have parted with my dearest bloud, then to have suffered them to be publick. But since my Soveraign Mistress her banishment, as also this continued change, being diffident of the alteration of these times, I could not deny the importunities of a person of Honour, to whom I was obliged, who got a transcript of one of the true copies from me, but by ill fortune, either lent or lost it, which I had never known from himself, but that to my no small amazement, I found no lesse then two other copies abroad: the sad consideration whereof inforced me to consult with my friends, who all of them advised me to dispatch my Originall

copy

copy to the Preſs to prevent thoſe falſe ones; for otherwiſe I ſhould not have thought it leſſe then Sacriledge, had not the lock been firſt pickt, to have opened the Cloſet of my diſtreſſed Soveraigne Miſtreſſe without her Royall aſſent; but ſince that unfortunate miſcarriage, I thought this publication to ſtand upon no ordinary termes of honour, as it might continue my Soveraigne Ladies remembrance in the breaſts and loves of thoſe perſons of honour and quality, that preſented moſt of theſe rare Receipts to her; And now that my age will not ſuffer me, as I fell with the Court, to remain much longer in this troubleſome world, I thought it my duty, if I could not do her Majeſty further ſervice, at leaſt to uſe my beſt endevours to prevent all diſſervices that might be done to her. I make no queſtion, though I have thus faithfully vindicated my ſelf, that there are ſome perſoas.

sons still left that will view this Volume with a kinde of indignation, that these copies should be made publick by a Servant, which were only intrusted to so sacred a custody; I acknowledge, if they finde any of thē altered or corrupted by the failing of printing, I am exposed to their just angers, as som of their names are particularly affixed; but I hope my absence in the Countrey may in part plead for me against those familiar Errataes, which are incident to all Editions, more especially since my infirm age could not permit me with my constant endevours to attend the Press, insomuch that I must ingenuously confesse some Receipts are disordered in their placing, others falsе Printed: which kinde of dealing I must impute to the more unfortunate customes of Printers, whose triviall excuses cannot free me from the highest misfortune that may befall me on this earth, should my Royall Mi-

Miſtreſſe be diſpleaſed, from the Bar of whoſe reſentments I can make no appeal, but as I hope ſhe may ſmile at the happy recovery of thoſe papers, which perhaps theſe troubles and her travels might utterly have deprived of, had not my diligent care preſerved them for her Majeſties review, as alſo for a more generall good. Reader, I am ſorrowfull that I have detained thee ſo long from thy more beneficial uſe of this Book; thank the times, not me, for otherwiſe theſe pretious leaves had never been in common, I have no more to write, but that I am

Your truly loving friend,

W. M.

The Preſcribers and Approvers of moſt of theſe rare Receipts following. Their names being to many of them annexed in the Book.

Dr. *Mayberne.*
Dr. *Bates.*
Dr. *King.*
Dr. *Mountford.*
Dr. *Forſter.*
Dr. *More.*
Dr. *Butler.*
Dr. *Goffe.*
Dr. *Baſſa*, an Italian.
Dr. *Adrian Gilbert.*
Dr. *Atkinſon.*
Dr. *Stevens.*
Dr. *Price.*
Dr. *Reade.*
Dr. *May.*
Dr. *Blackſmith.*
Dr. *Braſdale.*
Dr. *Fryar.*
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Mr. *Chauncie* Chir.
King.
Queen.
Archb. *Canterbury.*
Bp. of *Worceſter.*
Lord Treaſurer.
Ld. Vic. St. *Albans.*
Lord *Spencer.*
Lord *Sheffeid.*

Sir

Sir *Tho. Mayner.*
Sir *Edw. Terrill.*
Sir *Edw. Boulstwad.*
Sir *Edw. Spencer.*
Sir *Walter Raleigh.*
Sir *Kenelme Digby.*
Mr. *Justice Hutton.*
Countess of *Arundel.*
Countess of *Worcest.*
Countess of *Oxford.*
Countess of *Kent.*
Lady *Mounteagle.*
Lady *Nevell.*
Lady *Spotswood.*
Lady *Drury.*
Lady *Hobby.*
Lady *Lennard.*
Lady *Smith.*
Lady *Goring.*
Lady *Mildmay.*
Lady *Bray.*
Lady *Dacre.*
Lady *Thornborough*
Lady *Mallet.*
Mr. *Covet.*
Mr. *Powell.*
Mr. *Rowl. Houghton*
Mr. *Elderton.*
Mris. *Joice.*

THE QUEENS CABINET OPENED:

OR, *The Pearl of Practise*, Accurate, Physical, and Chirurgical Receipts.

Doctor Butler's *Preservative against the Plague.*

TAke Wood Sorrel, and pick it from the stalk, and pound it very wel in a stone Mortar, then take to every pound of beaten Sorrel, a pound of Sugar finely beaten, and two ounces of Mithridate, beat them very wel together, and put them in pots for your use, take

every morning before and after the infection for some time together of this Conserve, as much as a Walnut.

Dr. Butlers *Cordial water.*

Take Pimpernel, Carduus, Angelica, Scordium, Scabious, Dragon, and stil these severally in a Rose stil, and when you have a pint of the water of every of these sorts of hearbs, then mingle all these together very wel, and dissolve in it half a pound of Venice Treacle, then stil all these together, and mingle the stronger water with the smal, six spoonfuls of this water, made bloud warm, given to one sick of the Plague, driveth al venome from the heart: It is excellent, so used, for the Smal pox, or for any pestilent Feaver.

Dr: Butlers *Purging Ale.*

Take of Sarsaparilla two ounces, of Polypody of the Oak, and Sena, of each four ounces, Caroway seed, & Aniseed, of each half an ounce. Liquorish two ounces, Maydenhair and Agrimony, of each one little handful; Scurvey half a bushel, beat all these grossely, and put them into a course Canvas bagg, and

and hang it into three gallons of strong Ale; when it is three days old drink it.

Dr. Giffords *Amber Pils for a Consumption.*

Take of Venice Turpentine one ounce washed, and six graines of the powder of white Amber, mix them together, and set them in a clean pot upon embers, and let it not stand too hot; to try whether it be enough, take a drop and let it cool; if after it is cold it be stiffe, and wil not cleave to the finger, it is enough: then take of the powders of Pearl, white Amber, and Coral, of each a quantity, as a quarter of an ounce, of the inner bark of an Oak a quarter of an ounce, of Cinamon and Nutmeggs of each as much, & three ounces of hard white Sugar, make all these into a powder, and seethe them, and put the pils into them; before you take them you must be wel purged, after which you must take three of the afore-said pils wrapped up in the powder, what else you wil, and in the morning take the yolk of a new laid Egg warmed a little, and put into it as much of the powder as wil lye on a shilling,

and ſup it off; let this be uſed ſome time together, and there wil be great benefit found by it.

To comfort the Heart and Spirits, and to ſuppreſſe Melancholly.

Take of the juyces of Borage and Bugloſſe, of each one pint and a halfe, juyce of Pippins, or Queen Apples one pint, juyce of Balm halfe a pint, clarifie them, then take Chochenel made into powder four drams, infuſe it in the ſaid juices being cold in an earthen pan for two dayes, ſtirring it often, then ſtrain it, and with four pound of powder Sugar, (or two pound if you mean not to keep it long) boyl it to a ſyrup, then take it off, and when it is almoſt cold, put to it Diamargaritum Frigidum one dram and a half, *Diambra* four ſcruples. Take thereof a ſpoonful or two for many mornings together, and when you awake in the night, if there be cauſe; you may alſo adde to ſome part of it Saffron to make it more cordial, by putting ſome powder of Saffron in a linnen clout tyed up, and ſo milking it out into the ſyrup, let the ſubſtance

there

thereof remain in the cloth, and take thereof ſometimes. *Approved.*

A Cordial Electuary for ſtuffing of the Stomack, or ſhortneſs of breath.

Take a pint of the beſt Honey, ſet it on the fire and ſcum it clean, then put to a bundle of Hyſop bruiſed ſmal before you tye it up, let it boyl wel, til the Honey taſt of the Hyſop, then ſtrain out the Honey very hard, and put to it the powder of Angelica root the weight of ſix pence, powder of Elicampane root the weight of 6 pence, Ginger and Pepper, of each the weight of two pence, Liquoriſh and Aniſeed of each the weight of eight pence, all beaten very ſmal ſeverally: put all theſe into the ſtrained Hony, and let them boyl a little ſpace, ſtirring them wel together all the time, then take them from the fire, and pour all into a clean gally pot, ſtirring it alwayes til it be through cold, and keep it cloſe covered for your uſe. When any are troubled with ſtuffing at the Stomack or ſhortneſs of breath, let them take of this Electuary with a bruiſed Liquoriſh ſtick, and they

shal sensibly find much good by it. This was Queen *Elizabeths* Electuary for these infirmities.

Mr. Covets *Medicine for the Palsy.*

Take a pint of the strongest mustard set it in an Oven for two or three times til it be as thick as a hasty pudding, the Oven must not be too hot to burn it: then set it on a chafin dish of coals til it be dry enough to make into powder. Take halfe an ounce of Betony powder, and mix it with the said powder, and sweeten it with Sugarcandy to your tast. Take of this every morning for ten dayes. *Approved.*

A Receipt to help Digestion.

Take two quarts of smal Ale, put to it red mints one handful, as much of red Sage, a little Cinnamon; let it boyl softly til half be wasted; sweeten it with Sugar to your taste, and drink thereof a draught morning & evening

A ſingular Cordial.

Take two ounces of dryed red Gillyflowers, and put them into a pottle of Sack, put to it three ounces of fine ſugar in powder, and half a ſcruple of Ambergreeſe in powder, put all theſe in a ſtone bottle, ſtop it cloſe with a ſtrong cork and ſhake it oft. After it hath ſtood ten dayes, paſs it through a Jelly bagg, & give two or three ſpoonfuls of it for a great cordial. This way you may alſo make Lavender wine for the Palſie and other diſeaſes.

Dr. Baſſa *an Italian. An approved Receipt to break the Stone in the Kidneys.*

In the moneth of *May* diſtil Cowdung, then take two live Hares, & ſtrangle them in their bloud, then take the one of them, and put it into an earthen veſſel or pot, and cover it wel with a mortar made of horſedung & hay, and bake it in an oven with houſhold bread, and let it ſtil in an Oven two or three dayes, baking a new with any thing, until the Hare be baked or dryed to pow-

der, then beat it wel and keep it for your use. The other Hare you must flea, and take out the guts only, then distil all the rest and keep this water, then take at the new and ful of the Moon, or any other time, three mornings together as much of this powder as wil lye on six pence, with two spoonfuls of each water, and it wil break any stone in the Kidneys.

Dr. Basse. *Remedy for a bloudy Urine or to break a Stone in the bladder.*

Take the distilled water of Saxifrage, Coriander, Parsley, and cod of broom when they be green, the berries of white Thorn, stilled when they be ripe, they must be stamped stones and all, and then distilled; the green huls of Walnuts when they be ripe stilled, Rayfins of the sun stilled; every one of these waters must be stilled by it self; then take an equal quantity of each, as a pint of *Aqua Spirita*; put them all together, and stil them in an ordinary stil, or in *B.* after scum the water nine or ten dayes; and take of this water for ten or fifteen dayes, five or six spoonfuls

fuls a time, in the morning faſting, and uſe to take it after a day or two once in a moneth.

Syrup of Turnips.

Firſt bake the Turneps in a pot with houſhold bread, then preſs out the *Li*quor between two platters, put a pint of this liquor to half a pint of Hyſop water, and as much brown Sugar candy as wil ſweeten it, and boyl it to the conſiſtence of a ſyrup. It is very good for a Cold or Conſumption.

Syrop of Citron peels.

Take the outermoſt freſh peels of Citrons cut in ſmal pieces, and pour on them two quarts of water, then wring it through a cloth, put to the liqour one pound of powder ſugar, boyl it to a ſyrup, and when it is ſodden put four grains of Muſk to it, diſſolved in damask Roſe water. This ſyrup cooleth not. It defendeth from the Plague.

A Cordinal Syrup to cleanse the bloud, open obstructions, prevent a Consumption, &c.

Take Rosemary flowers, Betony, Clovegilly flowers, Borage, Broom, Cowslip flowers, red Rose leaves, Melilot, Comfrey, Clarey, pimpinel flowers, of each two ounces, red Currants four pounds: infuse all these in six quarts of Claret Wine, put to it fourteen pounds of ripe Elder berries, make the Wine scalding hot, then put in the flowers, currants, and Elder berries, cover the pot and paste it very close, set it in a kettle of warm water to infuse forty eight hours, til the vertue of the ingredients be all drawn out, then press it out hard, and put to every pint of the liquor one pound and three quarters of powder sugar, boyl and scum it til you find the syrup thick enough, when it is cold bottle it, and keep it for your use. Take two spoonfuls in a morning, and so much in the afternoon, fasting two hours after it.

A Medicine for a Dropsie approved by the Lady Hobby, *who was cured her self by it.*

Take Caroways, Smallage, Time, Hyssop, Water cresses, Penniroyal, Nettle tops, Calamint, Elecampane roots, of each one little handful, Horse radish two pounds, boyl them in six quarts of running water, until half be consumed, then strain it, boyl it a new with a pottle of canary Sack, Liquorish twelve ounces, sweet *Fennel* seed one ounce bruised, and a quarter of an ounce of Cumin seed bruised, boyl all these above half an hour, then strain it, and keep it for your use, nine spoonfuls in the morning fasting, and as much at three or four a clock in the afternoon, use it for some time together; This the Lady *Hobby* proved by her self.

Adrian Gilberts *most soveraign Cordial water.*

Take Spearmint, Broomint, Mother Tyme, the blossome tops of garden Tyme, red Pennyroyal, Scabious, Celandine, Wood Sorrel, Wood betony, An-

Angelica leaves and ſtalkes, ſet Wal leaves, Peony leaves, Egrimony, Tormentil, ſweet Marjoram, red ſage, Rue, Roſſolis, Angelica roots, Elecampany roots, ſet Wal roots, green Penyroyal, Comfrey bloſſoms and leaves, Juniper berries, of each a pound, Balm, Carduus Benedictus, Dragon, Feaverfew, Wormwood, of each two pounds, ſteepe all theſe in the Lees of ſtrong pure venient claret Wine for nine dayes, every day twice turning them to mingle the wel in the Lees, then diſtil them in a Limbeck with a red clear head with two pounds of ſhaved Harts horn, and Ivory twelve ounces; draw as long of it as you may in ſeveral pottle glaſſes: the firſt is accounted the beſt and uncompounded, and the perfecteſt againſt the Plague, ſpotted Feavers, ſmal Pocks, ordinary Feavers, divers times experienced by my ſelf, either to prevent, or in the time of theſe ſickneſſes. If you wil compound it becauſe the water hath an il taſt, then take the firſt gallon of the water, and mix it with a pottle of the beſt Malaga ſack, and put into them three pounds of Rayſins *ſolis* ſtoned, Figs one pound and a half, the flowers of clove Gilly-flowers,

ers, Cowslips and Marygolds, blew Violets, of each two pound, red Rosebuds one pound, Ambergeeese, Bezoar stone, clarified Sugar, Aniseeds, Liquorish, and what else you please.

These are *Adrian Giberts* Receipts, having had experience of them most constantly sure: The uncompounded water is the more excellent: and if in time of Infection one take two spoonfuls of it in good beer or white Wine, he may safely walk from danger by the leave of God. If any of the former diseases attach any person, then he must take four ounces of the first water, and mix therewith either the syrups of Violets, clove Gillyflowers, or Angelica, as the disease is; one spoonful of the syrup is sufficient for four ounces of the water, so take it in three times.

For a swoln face.

Take Oyl of Elder and Plantain water, of each one ounce, beat them wel together until they be exactly incorporated, and therewith a noint the tumefied place twice or thrice in a day, until the swelling be chased away.

Cock

Cock water for a Conſumption.

Take a running Cock, pul him alive, then kil him, cut him abroad by the back, take out the entrails & wipe him clean, then quarter him and break his bones, then put him into a Roſe water ſtil, with a pottle of *Sack*, Currants, and Raiſins ſolis ſtoned, & Figgs ſliced of each one pound, Dates ſtoned & cut ſmal half a pound, Roſemary flowers, Wilde Time, *Spearmint*, of each one handful, Organs or Wilde Marjorram, Bugloſs, Pimpinel, of each two handfuls, and a bottle of new Milk from a Red Cow. Diſtil theſe with a ſoft fire, put into the Receiver a quarter of a pound of brown ſugarcandy beaten ſmal, four grains of Ambergreeſe, forty grains of prepared Peal, & half a book of leaf Gold cut very ſmal; you muſt mingle the ſtrong water with the ſmal, and let the Patient take two ſpoonfuls of it in the morning, and as much at going to bed.

A pretious Cordial for a ſick body.

Take three ſpoonfuls of Mint water and

and as much of Muſcadine and Wormwood water, two or three ſpoonfuls of fine Sugar, and two or three drops of Cinnamon ſpirit, beat theſe wel together with two or three ſpoonfuls of Clove gilly flowers ſpirit, and give the Patient now and then one ſpoonful thereof; eſpecially when he or ſhe goeth to bed.

Wormwood Cakes good for a cold Stomack, and to help Digeſtion.

Take pure ſearced *Sugar* two ounces, and wet it with the ſpirit of Wormwood, then take a little Gum tragiganth, & ſteep it all night in Roſe water, then take ſome of this and the wet ſugar, and beat them together in an Alablaſter Mortar, til it come to a paſte like dow, if you pleaſe put a little muſk to it, then make it up in little cakes of the breadth of a groat or three pence, lay them upon plates, & dry them gently in an Oven, and keep them in a dry place for your uſe, and upon occaſion hold one of them in your mouth to melt, and ſwallow the diſſolved juyce thereof for the infirmities aforeſaid.

To make water of Life.

Take Balm leaves and ſtalks, Burnet leaves and flowers, Roſemary, red ſage, Taragon, Tormentil leaves, Roſſolis, red Roſes, Carnation, Hyſop, Thyme, red ſtrings that grow upon Savory, red Fennel leaves and roots, red Mints, of each one handful, bruiſe theſe hearbs and put them in a great earthen pot, & pour on them as much white VVine as wil cover them, ſtop them cloſe, and let them ſteep for eight or nine days, then put to it Cinnamon, Ginger, Angelica ſeeds, Cloves and Nutmegs of each one ounce, a little *Saffron*, *Sugar* one pound, Rayſins *ſolis* ſtoned one pound, Dates ſtoned and ſliced half a pound, the loyns and legs of an old Coney, fleſhy running Capon, the red fleſh of the ſinews of a leg of Mutton, four young Chickens, twelve Larks, the yolks of twelve Eggs, a Loaf of whitebread cut in ſops, and two or three ounces of Mithridate or Treacle, & as much Baſtard or Muſcadine as wil cover them all. Diſtil al with a moderate fire, and keep the firſt, and ſecond waters by themſelves,

ſelves, and when there comes no more by diſtilling, put more VVine into the Pot upon the ſame ſtuffe, and diſtil it again, and you ſhal have another good water. This water muſt be kept in a double glaſs cloſe ſtopt very carefully: it is good againſt many infirmities, as the Dropſie, Palſey, Ague, *S*weating, *S*pleen, VVorms, Yellow & black Jaundies; it ſtrengthneth the ſpirits, Brain, Heart, *L*iver, and ſtomack. Take two or three ſpoonfuls when need is by it ſelf. or with Ale, Beer, or VVine mingled with ſugar

Dr. Atkinsons *excellent perfume a-gainſt the Plague.*

Take Angelica roots and dry them a very little in an Oven, or by the fire and then bruiſe them very ſoft, and lay them in VVine Vinegar to ſteep being cloſe covered three or four days, & then heat a brick hot, and lay the ſame theron every morning; this is excellent to ayr the houſe or any *c*lothes, or to breath over in the morning faſting.

To make Saffron water.

Take ſeven quarts of white Wine, and infuſe in it all night one ounce of Saffron dryed, and in the morning diſtil it in a Limbeck, or glaſs body with a head, and put ſome white Sugarcandy finely beaten into the Receiver for it to drop on.

Mr: Stepkins water for the Eyes.

Take four ounces of white Roſe water, and two drams of Tutia in powder ſhake them wel together in a glaſs vial and drop of it a little into the eyes evening and morning, it is very good for any hot Rheum.

A pretious water to revive the Spirits.

Take four gallons of ſtrong Ale, five ounces of Aniſeeds, Liquoriſh ſcraped half a pound, ſweet Mints, Angelica, Betony, Cowſlip flowers, Sage & Roſemary flowers, ſweet Marjoram, of each three handfuls, Pelitory of the Wall one handful. After it is for two or three days

dayes, distil it in a Limbeck, and in the water infuse one handful of the flowers aforesaid, Cinnamon and Fennel seed of each half an ounce, Juniper berries bruised one dram, red Rosebuds, roasted Apples & Dates sliced & stoned, of each half a pound, distil it again, and sweeten it with some Sugarcandy, and take of Ambergreese, Pearl, red Coral. Hearts horn powdred, and leaf Gold, of each half a dram, put them into a fine linnen bag, and hang it by a thread in a glasse.

The Bishop of Worcesters *admirably curing powder.*

Take black tips of Crabs claws when the sun enters into *Cancer*, which is every year on the eleventh day of *June*, pick and wash them clean, & beat them into fine powder, which finely searce, then take Musk and civet, of each three grains, Ambergeeese twelve grains, rub them in the botom of the Morter, and then beat them and the powder of the claws together; then with a pound of this powder mix one ounce of the magistery of Pearl. Then take ten skins of Ad-

Adders or Snakes, or Slow worms, cut them in pieces, and put them into a Pipkin to a pint and a half of spring water, cover it close, and set it on a gentle fire to simper only, not to boyl, for ten or twelve hours, in which time it will be turned into a Jely, & therewith make the said powder into bals. If such skins are not to be gotten, then take six ounces of shaved Harts horn and boyl it to a Jelly, and therewith make the said powder into bals; the horn must be of a red Deer kild in *August* when the moon is in *Leo*, for that is best. The Dose is seven or eight grains in beer or wine.

To make Spirit of Castoreum.

Take Calamints four ounces, Orange peels two ounces, Nep half a handful, Walnut blossoms half an ounce, Rosemary flowers and tops of *Sage*, of each one handful, Castoreum one ounce, white wine one quart; distil them in a Limbeck. This water is good for swounding fits, weak stomacks, and rising of the Mother.

A water for the Stone.

Take a quart of clean pickt Strawberries, put them in a glass, pour on them a quart of Aqua vitæ, let them stand and steep, and take two or three spoonfuls of it morning and evening with fine Sugar, or white Sugarcandy. It will keep all the year. *Approved.*

To make *Dr.* Stephens *water.*

Take a gallon of Claret Wine or Sack, Cinnamon, Ginger, Grains of Paradise, Gallingall, Nutmegs, Aniseed and Fennel seed, of each three drams, Sage, Mint, red Roses, Pellitory of the Wal, Wild Marjoram, Rosemary, Wild Time, Cammomil, Lavender, of each one handful: bruise the said spices smal, cut and bruise the hearbs, and put all into the Wine in a *Limbeck*, and after it hath stood twenty four hours, distil it gently, & keep it the first water by it selfe, and so the second.

For a Tetter.

Take water of red Tar and wash it therewith. This is an approved remedy.

A special water for a Consumption.

Take a peck of garden shel snails wash them in smal beer, put them into a great Iron drippin pan, and set them on the hot fire of charcoals, and keep them constantly stirring till they make no noise at all, then with a knife and cloth pick them out, and wipe them clean, then bruise them in a stone Mortar, shels and all, then take a quart of Earth worms, rip them up with a knife and scower them with Salt, and wash them clean and beat them in the Mortar; Then take a large clean brass pot to distil them in put into it two handfuls of Angelica, on them lay two handfuls of Celandine, a quart of Rosemary flowers, of Betony and Agrimony, of each two handfuls, Bears foot, red Dock leaves, the bark of Barberies and Wood Sorrel, of each one handful, Rice half a handful, Funugreek and Turnerick, of each

ach one ounce, *Saffron* dried & bea-
n into powder the weight of *6* pence,
Harts horn and cloves beaten, of each
three ounces, when all these are in the
ot, put the *Snails* and Worms upon
hem, & then pour on them three gal-
ons of strong Ale; then set on the Lim-
eck & paste it close with Rye dough,
hat no ayr come out or get in, and so
et it stand one and twenty hours, and
istil it with a moderate fire, & receive
he several quarts in several glasses
lose stopt. The Patient must take every
orning fasting, and not sleep after it,
wo spoonfuls of the strongest wa:r, and
our spoonfuls of the weakest at one
ime, tasting two hours after it.

Syrup of Pearmains good against Melancholy.

Take one pound of the juyce of Pear-
hains, boyl it with a soft fire til half be
onsumed, then put it in a glasse, and
here let it stand til it be setled, and put
o it as much of the juyce of the leaves
nd roots of Borage, *Sugar* half a
ound, syrup of Citron, three ounces,
et them boyl together to the consistence
f a syrup.

Tincture

Tincture of Ambergreeſe.

Put into half a pint of pure ſpirit Wine in a ſtrong glaſſe, Ambergree one ounce, Musk two drams, ſtop glaſs cloſe with a cork & bladder, ſet it in hot horſe-dung twelve daye then pour off the *S*pirit gently, and as much new *S*pirit on, & do as before and pour it off clean: after all this Ambergreeſe wil ſerve for ordinary ſes. One drop of this tincture wil perfume any thing; beſides it is a gr Cordial.

Dr. Price, *and Mr:* Fenton *the Chirurgi on their excellent Medecine for the Plag after Infection.*

Take aſſoon as you find your ſelf ſi as much Diaſcordium as the weight a ſhilling, with ten grains of the po der called *Speciei de gemmis*, wel min led together, and ſtraight after this the party drink a good draught of h Poſſet ale made with carduus Benedi us, *S*orrel, *S*cabioſa, & *S*cordium, wit in eight hours after the firſt taking of

the party must take the Diascordium and Posset again as aforesaid, & in like sort the third time within eight hours after, but not above three times, nor the third time if the party mend, after the first or second taking. Doctor *Price* doth commend much thereof to be taken for the kind of cure for the plague after one is infected; and Mr. *Frenton* the excellent chirurgeon who hath much experience in the cure of the Plague, doth highly commend it as a thing in his own experience proved very good. The grase of a root called *Sedour* is to be chewed in the mouth, stil when one is in the company of such persons as are thought be infected with the contagition: this ot is to be bought at the Apothecaes.

drink for the Plague or pestilent Feaver proved by the Countess of Arundel in the year 1603.

Take a pint of Malmsey and burn and put thereto a spoonful of grains, ing bruised, and take four spoonfuls the same in a porringer, and put grein a spoonful of Jean Treacle, and

give the Patient to drink as hot as he can ſuffer it, & let him drink a draught of the Malmſey after it, and ſo ſweat: if he be vehemently infected, he wil bring the Medicine up again, but you muſt apply the ſame very often day and night til he brook it; for ſo long as he doth bring it up again, there is danger in him; but if he once brook it, there is no doubt of his recovery by the grace of God: provided then when the party infected hath taken the aforeſaid Medicine and ſweateth, if he bring it up again, then you muſt give him the aforeſaid quantity of Malmſey & grains, but no Treacle, for it wil be too hot for him being in a ſweat. This Medicine is proved, and the party hath recovered, and the ſheets have been found ful of blew marks and no ſore hath come forth this being taken in the beginning of the ſickneſs. Alſo this Medicine ſaved 38 commons of *Windſor* the laſt great plague 1593. was proved upon many poor people, and they recovered.

A Syrup for a Cold.

Take Pennyroyal half an ounce, Raisins of the *Sun* ſtoned one ounce, half ſo much Liquoriſh bruiſed, boyl them in a pint of running water til half be conſumed; then ſtrain it out hard, and with Sugar boyl it to a pretty thick ſyrup, and take it with a Liquoriſh ſtick. *Often proved.*

An excellent Receipt for a pretious water.

Take a pottle of the ſecond water of Aqua Compoſita, of Balm, Betony, Pelitory of the Wal, ſweet Marjoram, the flowers of Cowſlip, Roſemary and Sage of each one handful, the ſeeds of Aniſe, Caroway, Coriander, Fennil, and Gromel, and Juniper berries, of each one ſpoonful, three or four Nutmeggs, Cinnamon one ounce, two or three large Mace, bruiſe al theſe, and let them lye ten dayes in ſteep in the Aqua Compoſita, ſet the glaſs in the Sun and ſtir it wel every morning, then ſtrain it, and put to it three quarters of a pound of fine ſugar, one grain

of Ambergreeſe, and two graines of Musk.

To make an excellent Syrup of Citrons, or Limons without fire.

Take Citrons or Limons as many as you wil, pare off their rindes, then ſlice them very thin; then put into ſilver or glaſs baſon a thick lay of fine ſugar, & upon that the ſlices of Citrons or Limons, and lay after lay of ſugar, and the other til the baſon be neer ful; let it ſtand all night covered with a paper, the next day pour of the Liquor into a glaſs through a Tiffany ſtrainer, be ſure you put ſugar enough to them at the firſt, and it wil keep a whole year good if it be ſet wel up.

A Salve for the Eyes made by Sir Edward Spencer.

Take new Hogs greaſe tried & clarified two ounces, ſteep it ſix hours in red Roſe water, after waſh it in the beſt white Wine wherein Lamps Calaminaris hath been twelve times quenched: it wil take a bottle of white Wine, for

the

the Lapis Calaminaris wil waſt it by often quenching, a piece of the Lapis as bigg as a Turkey Egge wil ſerve; when the greaſe is wel waſhed, add to it one ounce of *Lapis* Tutia prepared, of Lapis Hematites wel waſhed, two ſcruples, Aloes Succotrina twelve grains, Pearl four grains, all theſe muſt be prepared and made into fine powder, put to it ſome red *Fennel* water, and make it into a ſalve. If the eyes be very il, put into each corner of them as much as a pins head of this ſalve, & if the eyes be exceeding ſore, anoint therewith only the Eyelids. As the ſalve dryeth, put to it red Fennil water to keep it moiſt.

For the Smal Pocks, or Meaſles.

Take an ounce of Treacle, half an ounce of ſet wal cut ſmal, a penny-worth of *Saffron* ground ſmal; mix them, & take thereof in a morning upon a Knives point as much as you can take up at twice or thrice three mornings together.

A very good Glyster for the Wind.

Take Mallow leaves, Cammomil Mercury, Pelitory of the Wal, Mug wort and Penni royal, of each a sma handful, Melilot and Camomil flower of each half a handful, of the seeds o Anise, Caroway, Cummin and Fennel of each one quarter of an ounce, Bay berries and Juniper berries of each drams: boyl all these in three pints o clear posset Ale to twelve ounces, & us it warm.

The Kings Medicine for the Plague.

Take a little handful of Herb grasse as much of Sage, the like quantity o Elder leaves, as much of Red brambl leaves, stamp them altogether & strain them through a fair linnen cloth, wit a quart of White wine, and a quantity o white Vinegar, & a quantity of whit Ginger, and mingle al together; afte the first day you shal be safe four an twenty dayes; after the ninth day whole year by the grace of God; and i it fortune that one be strucken wit th

the plague, before he hath drunk the Medicine, then take the aforeſaid with a ſpoonful of Scabioſa, and a ſpoonful of Betony water, and a quantity of fine Treacle, and put them together and cauſe the patieut to drink it, and it wil put out al venome; and if it fortune that the botch appear, take the leaves of red brambles, elder leaves, and Muſtard ſeed, ſtamp them together, and make a plaiſter thereof and lay it to the ſore. and it wil draw out al the venome and the perſon ſhal be whole by the grace of God.

A Medecine for the plague that the Lord Mayor had from the Queen.

Take of Sage, Elder, and red bramble leaves, of each one little handful; ſtamp & ſtrain them together through a cloth with a quart of white Wine, then take a quantity of white Vinegar, and mingle al theſe together, and drink thereof morning, and night a ſpoonful at a time nine dayes together, and you ſhal be whole: There is no Medicine more excellent then this, when the ſore doth appear then to take

a cock Chick, and Pullet, and let the rump be bare, and hold the rump of the ſaid chick to the ſore, and it wil gape and labour for Life, and in the end dye, then take another, and the third, and ſo long as any do dye; for when the poyſon is quite drawn out, the Chick wil live, the ſore preſently wil aſſwage and the party recover: Mr. *Winlour* proved this upon one of his own children; the thirteenth chick dyed, the fourteenth lived, and the party cured.

For an Ague.

Take a quantity of plantain ſhred it and double diſtil it, & take ſix or eight ſpoonfuls of the water, with as much Borage water with a little ſugar and one Nutmeg, and drink it warm in the cold fit, by Gods help it wil cure you.

For Rhume in the Eyes.

Take one ſpoonful of Commin ſeed finely beaten, and boyl it in Verjuyce til half be conſumed, put to it

it some course wheat bran, and boyl it til it be dry, then put it in a smal linnen bag, and lay it to the nape of the neck so hot as you can endure it, and it wil draw the Rhume away.

To break the Stone and bring away the gravel.

Take the inner bark of a red filberd tree, and shave a good handful of it, and take as much Saxifrage & steep them in a quart of Ale or white Wine, & drink a good draught thereof nine mornings together fasting.

A Cordial water in the time of Infection by Sir THOMAS MAYNER.

Take the juyce of greene Walnut shels and all two pound, the juyces of Balm, Carduus Benedictus, and Marygolds, of each three pounds, Roots of great Docks half a pound, butchers broom roots, and al three quarters of a pound, Angelica and Masterwort of each three ounces, Scordium leaves two handfuls, Treacle Venice and Mithridate of each four ounces, Canary wine three pints, juyce of Limons one pint,

digeſt theſe in a glaſs body two daye cloſe ſtopt, then put on a glaſs head and diſtil it, and when it is half diſtilled, ſtraine that which is left in the glaſs through a linnen cloath, and diſtil it til it grow thick as Honey, which put into a gally pot, and give ſome of it in the time of Infection on a knifes point. The diſtilled water is alſo good for the ſame purpoſe.

China broth for a Conſumption.

Take one ounce of China root chipped thin, & ſteep it in three pints of water al night on embers covered, the nex day take a cock chicken deplumed and exenterated, & put in its belly Agrimony, Maidenhair, of each half a handful Raiſins of the *Sun* ſtoned one goo handful, & as much French barly: boy al theſe in a pipkin cloſe covered on gentle fire for ſix or ſeven hours, let i ſtand til it be cold, ſtrain it, or let it ru through a Hypocras bag, and keep in a glaſſe for your uſe. Take a goo draught of it in the morning & at fou a clock in the afternoon.

A comfortable bag for the Stomack.

Take Balm, Wormwood, Rosemary, Spearmints, Sweet Marjoram, Winter savory, of each half a handful, dry them between two dishes on a chafing dish of coals, sprinkling them often with good Vinegar; when they are wel dryed put to them some crumbs of bread, Cloves, Cinnamon, and Nutmeg beaten to powder; put them in a fine linnen bagge, quit it, and lay it warm to the Stomack.

To increase Womans Milk.

Bruise Fennel seed and boyl them in Barley water, and let the Woman drink thereof often.

To expel Wind.

Take a handful of ground swel stripped downwards, as much of Sage, and a quarter of a pound of Currans, boyl these in a pint of Ale and drink it.

For the Piles.

Take white Lead finely ſcraped one dram, burnt Allum two drams, temper them with Hoggs Lard and Plantain water, and therewith anoint the grieved place.

For a Thruſh or Canker in the mouth.

Take two ſpoonfuls of clarified Honey, and put a piece of Allum between red hot tongs, and hold it til it drop into the Honey, & therewith dreſſe the mouth often, until it be perfectly cured.

A green Oyntment good for bruiſes, ſwellings, and wrenches in Man, Horſe, or other Beaſt.

Take ſix pound of *May* butter unſalted, Oyl Olive one quart, Barrow greaſe four pound, Roſin and Turpentine of each one pound, Frankincenſe half a pound, then take theſe following hearbs of each one handful. Balm, Smallage, Loyage, red Sage, Lavender Cotten, Marjoram, Roſemary, Mallows, Camomil, Plantain, Atheal Chick-

Chickweed, Rue, Parsley, Comfrey, Laurel leaves, Birch leaves, Longwort, English Tobacco, Groundswel, Woundwort, Agrimony, Bryony, Carduus Benedictus, Betony, Adders tongue, Saint Johns wort, pick al these, wash them clean, and straine the water clean from them. These hearbs must be gathered after Sun-rising. Stamp them very smal in a stone Morter, then beat the Rosin and Frankincense to powder and melt them alone, then put in the Oyl, Butter, and Hogs grease, and when al is wel melted, put in the hearbs and let them boyl half a quarter of an houre, then take it from the fire, and scum it very clean a quarter of an hour, and when it is off the fire put in the Turpentine and two ounces of Verdigreese, stir it wel or else it wil run over, and so stir it til it leave boyling, then put it in an earthen pot, which stop very close with a cloth and a board on the top, and set in a Horse dunghil 21 dayes, then take it out, and put it into a Kettle, and let it boyl a little, taking heed that it boyl not over, then straine it through a course cloth, and put to it half a pound of Oyl of

Spike

Spike, and cover the pot close til you use it. When you have any occasion to use it, warm it a little for a cold cause and anoint the place grieved. Mix this oyl with the like quantity of the oyl of Bays when it is for a Melander in a Horse, or a dry itch in a horse or Mare: then take Quicksilver and beat it often with fasting spittle til it be killed and look black, and take a quart of Comfrey to the quantity of Quicksilver, to which put thrice so much of the said oyl, beat all wel together and use it. For a man it must be wel chafed in the palme of the hand three or four times. If you use it for a Horse, put to it Brimstone finely beaten, and work it altogether as aforesaid.

An excellent Searcloath for a Wound, Bruise, or Ach.

Take a pint of Oyl Olive, four ounces of Unguentum Populeon, the Oyls of Cammomel and Roses, of each one ounce, Virgins wax three ounces, red lead in powder eight ounces; boyl these together, continually stirring them, til they wil stick to a cloath, which

which is enough, then wet your clothes in them, and hang them up to dry. The best time to make it is in *March*.

Dr. Reads *perfume to smel against the Plague.*

First take half a pint of red Rosewater, and put thereto the quantity of a hazle Nut of Venice Treacle or Mithridate, stirring them together til they be wel infused, then put thereto a quarter of an ounce of Cinnamon broken into smal pieces, and bruised in a mortar twelves cloves bruised, the quantity of a hazle Nut of Angelica root sliced very thin, as much of *Setwal* roots sliced, 3 or four spoonfuls of white Wine Vinegar, so put them altogether in a glasse, and stop it very close, & shake it two or three times a day together, so keep it to your use; when you wet the spung shake the glasse; in the Winter you may put to it three or four spoonfuls of Cinnamon water or Sack.

A perfume against the Plague.

Divers good physitians opinions ar
that to burn Tar every morning in
chafing dish of coals is most excelle
against the plague; also put in a litt
Wine Vinegar to the Tar: it is most ex
cellent and approved.

Sir Edward Tertils *Salve called the chief of all Salves.*

Take Rosin eight ounces, Virgin
Wax and Frankincense of each fou
ounces, Mastick one ounce, Harts sue
four ounces, Camphire two drams
beat the Rosin, Mastick, and Frankin
cense in a morter together to fine pow
der, then melt the Rosin and Wax to
gether, then put in the powders, and
when they are well melted, straine it
through a cloth into a pottle of white
Wine, and boyl it together til it be
somewhat thick, then let it cool, and
put in the Camphire and four ounces of
Venice Turpentine drop by drop, lest
it clumper, stirring it continually,
then make it up into Rols, and do with
it

it to the pleasure of God, and health of man.

The virtues and use of it.

1. It is good for al Wounds and sores, old or new in any place.

2. It cleanseth al Festers in the flesh, and heals more in nine days then other salves cure in a moneth.

3. It suffers no dead flesh to ingender or abide where it comes.

4. It cureth the head-ach rubbing the Temples therewith.

5. It cureth a salt fleam face.

6. It helpeth sinews that grow stiffe, or spring with labor, or wax dry for want of bloud.

7. It draweth out rusty Iron, Arrow-heads, slubs, splints, thorns, or whatsoever is fixed in the flesh or wound.

8. It cureth the biting of a mad Dogg, or pricking of any venemous creature.

9. It cureth all Felons or white flaws.

10. It is good for all Festering cankers.

11. It helpeth al aches of the Liver, spleen, Kidneys, back, sides, Arms, or Leggs.

12. It cureth al Biles, Blanes, botches,

Im-

Impostumes, *S*wellings, and tumors in any part of the body.

13. It helpeth al aches and pains of the genitors in man or woman.

14. It cureth Scabs, Itch, Wrenches, *S*prains, Strains, Gouts, Palsies, Dropsies, and waters between the flesh and skin.

15. *I*t healeth the Hemorrhoides or piles in man or woman.

16. It cureth the bloudy flux, if the belly be anointed therewith.

17. Make a Searcloath thereof to heal the above said maladies, with very many other, which for brevity sake are omitted.

A restorative Broth.

Take a young cock or capon, flea it and cut it in four quarters, take out the bones and chop the flesh somewhat smal, put it into an earthen pot of three quarts with a close cover, and pour on it a quart of good red Wine, and a pint of red Rosewater, and put to one handful of Currants, ten *D*ates stoned & cut smal, of Rosemary flowers or leaves, and *B*orage of each half a handful, then clos:

close on the cover of the pot very fast, and set the said pot in a big brass pot of water, and let it boyl five or six hours, taking heed that the water in the brasse pot get not into the other pot; when it is wel boyled let it cool leisurely in the brass pot,& then bruise all with a ladle and strain out the liquor, whereof take morning and evening four or five spoonfuls bloud warm.

For the Piles.

Take one spoonful of white Dogs turd, as much white Frankincense, & twenty four grains of Aloes, beat them fine and search them, then take one spoonful of Honey, the yolk of an Eg,& as much oyl of Roses as wil make it to an oyntment, mingle them wel together, and anoint the grieved place; if the sore be inward wet a Tent of lint in the Oyntment & put it into the *Fundament*, and spread some of the Oyntments on a cloth and put that on it. This is a present remedy.

For a sore Throat.

Mingle burnt Alum, the yolke of an Egge, powder of white Dogs turd, and some Honey together, tye a clowt on the end of a stick wet in this mixture, and therewith rub the throat: or mix white *Dogs* turd and Honey, spread it on sheeps Leather, and apply it to the Throat.

To void Phlegm from the Head, Lungs, or Stomack.

Mix Pelitory roots and Mustard together, and hold it in the mouth, and it wil draw out much phlegm from the Head; but if you boyl pelitory roots, Hyssop and Mustard in Wine and Vinegar, and gargle the Throat with it, it wil clense the Lungs and stomack perfectly.

The Lady Drury's *Medecine for the Colick proved.*

Take a turfe of greene Grass, and lay it to the *Navil*, and let it lye til you

you find eaſe, the green ſide muſt be laid next to the belly.

A Medicine for one thick of Hearing proved.

Take the Garden Daſie roots, and make juyce thereof, and lay the worſt ſide of the head low upon the bolſter, & drop three or four drops thereof into the better Ear, this do three or four dayes together.

An excellent drink for the Stone.

Take Suſſafras and Suſſaparilla of each two ounces ſhaved ſmal, china-Root and Tormentil roots, of each one ounce ſliced ſmal, Liquoriſh half a pound beaten, Anniſeed four ounces bruiſed; ſteep all theſe in three gallons of running water for twelve hours, then put to them theſe ſimples following picked and waſhed, *viz.* Columbine, Lady mantle, Marſh-Mallow and Moulear roots ſlit, Herb Robert, Ribwort, Sanible, Scabious, Agrimony, colts-foot and Betony, of each two handfuls, boyl all theſe together, on a ſoft fire til one gallon be conſumed, then ſtrain it

it out,& keep the liquor in a glaſs cloſe ſtopped, then take al what remains in the ſtrainer; put it into the pot again, and pour thereon two gallons of running water, and boyl them til half the Liquor be conſumed, then ſtrain it out, and put both Liquors together, ſet them on the fire, and put a quart of white Wine to it, & let it boyl a while gently and ſcum it clean, then take it off the fire and put to it half an ounce of Rhubarb ſlit,& two ounces of good Sena leaves, and ſtir them wel together, and cover the pot cloſe to keep in the heat, and let it ſtand al night, and in the morning ſtir it wel and cover it again, and ſo let it ſtand four dayes. Take of this Liquor in the morning faſting, four a clock in the afternoon, and after ſupper at bed time; at each time the quantity of ſix ounces, and ſo uſed it muſt be til you feel eaſe.

To preſerve a Woman with Child from miſcarrying.

Put a few Cloves and Cinamon with a ſprig of Baulm and Roſemary into a pint of claret Wine, and burn it

it altogether, then beat the yolks of six new laid Eggs, and put them into the Wine on the fire, then take the cock-treading of twelve Eggs, and the white of one Egge, and beat them to an Oyl; take off the white froth from it, & put this Oyl into the Wine, and brew all wel together with as much powder sugar as wil make it of an indifferent sweetnes: whereof let the said woman take four spoonfuls at a time, when she feeleth any paine to begin in her back or belly.

To make Childrens Teeth come without paine; proved.

Take the head of a Hare boyled or roahed, and with the braine thereof mingle Honey and butter, & therewith anoint the childs gums as often as you please.

Dr. Mays *Juyce of Liquorish to stay Rhum, and preserve the Lungs.*

Take six little handfuls of the tops of Hysop, Rosemary flowers one little handful, of the leaves of Coltsfoot four little handfuls, stamp and take the juyce

juyce of them, and put to it a pint of Hyſop water, or running water; unto all theſe put four ounces of Liquoriſh, finely beaten and ſearſed, then ſet it on the fire, and boyl it til it be as thick as cream, then ſtrain it through a fine ſtrainer, and ſet it again to the fire, and ſtir it continually til it boyl, and put into it boyling four ounces of yellow ſugar-candy, let it boyl til it riſe from the bottom, which ſtirring, and when you may handle it make it up in cakes and rols as you pleaſe.

To kil a Felon quickly.

Take a little Rue & Sage, ſtamp them ſmal, put to it Oyl of the white of an Egge, and a little Honey, and lay it to the ſore.

A remedy for the pain in the Stomack.

Take a pottle of white Wine, eight ounces of currants, and four ounces of Elicampane roots ſliced, a ſprig of Marjoram and Spearmint, boyl all theſe together, til the currants be ſoft, adding to it one ſpoonful of ſweet Fennel

ſeed

ſeed bruiſed. Drink of the liquor every morning faſting, at four a clock in the afternoon, and when you go to bed the quantity of ſix ſpoonfuls. While you drink this apply to your ſtomach one ſpoonfull of Conſerve of Roſes, two penny worth of Mithridate, Cinamon, Cloves and Nutmegs, of each one ſpoonful, and a pennyworth of Saffron, mixe theſe together, with Roſewater and Wine Vinegar, and put them in a linnen bag. and warm it, and lay it to the Stomach.

To cure diſeſes without taking any thing at the Mouth.

Take one pound of Aloes Hepatica, Myrrhe foure ounces, both beaten very fine, Aqua vitæ and Roſe water of each one pint, after one nights infuſion did ſtill them in ſand twe ty four hours very ſoftly, and in the end make a great fire, and there will come a Balſome, wherewith if you rub the Stomach with a warm cloth dipped therein, it will Purge Phlegm and Choler, and all Worms which infect the Brain & breed the Falling ſickneſs, it expelleth corrup-

ruptions of the Stomack, it helps digeſtion and appetite, it expurgeth all droſs in the bottom of the Stomach, it cureth the Gowt being mixed and wel beaten with Aqua vitæ, and applyed warm to the gowty place, and left long on it.

To break the Stone.

Take Cammock roots, dry them in an Oven, beat them to powder, ſearſe it and put as much thereof as will lye on a groat into half a pint of white Wine, half a ſliced Limon, a top or two of Roſemary, and ſome Sugar, let them lye in ſteep all night, in the morning ſtir them wel together and drink it off, and waſh thereupon a good while. Uſe this three or four mornings together, and it wil make the Stone break and void away in gravel: but if the Kidneys be ulcerated, then uſe the Midicine following, *viz.*

To help Ulceration in the Kidneys.

Take two drams of China root ſliced ſmal, Golden rod, Mayden hair, Pauls be-

Betony, Mouſear, Agrimony, Comfrey, Scabious Bugle, red bramble leaves, pellitory of the wal, Marſh Mallows and Plantain, of each half a handful, then take one ſpoonful of French Barley, a ſtick of Liquoriſh ſliced ſmal, 1 handful of Rayſins *ſolis* ſtoned; boyl all theſe ſoftly in a pottle of running water to a quart, then take it from the fire, and put to it two ounces of Conſerve of red Roſes, ſtir them together, and let it run through a fine cloth, and keep it cloſe ſtopt in a glaſs, & drink thereof bloud-warm every morning & evening twelve ſpoonfuls at a time for 2 3 or 4 weeks, more or leſs, as you ſee occaſion, & find eaſe or pain.

A ſpecial Medicine for one that cannot ſwallow, although no inward Medicine can be taken for it.

Take the ſoiling of a Dog that is hard and white, powder it, and mingle it wel with Engliſh honey, ſpread it thick upon a linnen cloth, & hold it to the fire, and lay it all over the Throat down to the Channel bone, uſe freſh morning and evening, bind it hard to, & by Gods grace it wil help,

To draw up the Uvula.

Take a new laid Egg & roſt it til it be blew, and then cruſh it between a cloth, and lay it to the crown of the head, and once in twelve hours lay new til it be drawn up.

A Purge for Children, or old men.

Take one ſpoonful of Spirit of Tartar prepared, with Sugarcandy and Roſewater, put it in a little broth, and give it either of them; it purgeth gently, it comforts the Heart, and expelleth Phlegm and Melancholy.

For a Noli me tangere.

Take the Hearb called Turnſol, cut it in ſmal pieces and put it in a bottle, and pour ſo much Aqua vitæ on it as wil cover it four fingers, ſtop the bottle, and ſet it in the ſun ten dayes, and in the night in the chimney corner, but not too neer the fire, then pour of the Aqua vitæ and keep it cloſe, then calcine the dregs remaining in the bottle be-

between two calcining pots wel luted, which wil be done in a day, then put the calcined ashes into the said Aqua vitæ and they wil all dissolve. Keep this as a great treasure, and give one spoonful thereof to the party fasting, in white Wine, and wet a cloth in the said Liquor, and binde it on the sore place, and without fail it wil dry it up. It helpeth also those that are troubled with the gravel and Stone given as aforesaid with white Wine; and it is very excellent for those that have the Dropsie, Palsie, or are taken with a quartane Ague.

To make the face fair, and for a stinking breath.

Take the flowers of Rosemary, and seeth them in white Wine, with which wash your face; if you drink thereof it wil make you have a sweet breath.

For heat in the face, redness, and shining of the Nose.

Take a fair linnen cloth, and in the morning lay it over the grass, & draw it

over til it be wet with dew, then wring it out into a fair dish, and wet the face therewith as soft as you please, as you wet it let it dry in; *May* dew is the best

An excellent Oyl to take away the heat and shining of the Nose.

Take 12 ounces of Gourd-seed, crack-cle them and take out the Kernels, peel off the skin, & blanch six ounces of bitter Almonds, & make an Oyl of them, and anoint the place grieved therwith: you must alwayes take as much of the Gourd seed as of the Almonds; use it often.

For heat or pimples in the face.

Take the Liverwort that groweth in the Wel, stamp and strain it, and put the juyce into Cream, and so anoint your face as long as you wil, and it wil help you. *Proved.* Also the juyce of Liverwort drink in beer warm, is good for the heat of the Liver.

To take away Hair.

Take the shels of fifty two Eggs, beat them smal, and stil them with a good fire, and with the water anoint your self where you would have the hair off: Or else Cats dung that is hard & dryed, beaten to powder, & tempered with strong Vinegar, and anointed on the place.

For sweating in the Face.

Take a little handful of Pennyroyal and as much Cinquefoil, & seeth them in white Wine or Vinegar; if you take Vinegar, put a little to it when it is sodden, this done you must hold your head over it, and cast a sheet over your head, and keep in the ayr close as long as you can endure it, & so ten or twelve times a day.

An approved Medicine taught by Dr. Blacksmith *for the Cough.*

Take the roots of Folefoot and dry them in an Oven, and powder them,

then heat a tyle red hot, and ſtrew it thereupon, then ſet the bottom of a Tunnel upon it, and let the Patient receive the ſame morning and evening.

An approved Medicine for the ſame by Doctor Blackſmith.

Take a pinte of Hyſop-water, and a quarter of a pound of Sugarcandy, a ſpoonful of Anniſeed bruiſed, & a ſmal ſtick of Liquoriſh ſliced and bruiſed, put them together, and let them ſtand all night, boyle it a quarter of an hour upon a fire, then ſtrain, and take of it two or three ſpoonfuls at a time warm; you may take it at any time, beſt at night when you goe to bed, or in the morning:

For the Kidneys ſwoln with Cold, or other accident.

Take the Oyls of Roſes and Quinces of each two drams, and warm them in a Sawcer or porringer, and anoynt the place therewith againſt the fire, leſt you take could in the doing of it.

A Vomit for an Ague.

Take blew Lilly roots sliced small and bruised, and steep it in as much Vinegar as wil cover them, and when the Patient feels his fit coming, let him drink a draught of it in Ale, and keep him very warm while it worketh.

A restorative Bag for a cold or windy Stomack.

Take Rose leaves, Rosemary tops, and flowers, red Mints and Borage flowers, of each one handful, warm them in a platter on a chasing dish of coals, and ever as you stir it sprinkle it with sack and Rosewater, and when it is as hot as can be, put it in a cloath or silk bag, and lay it to the bottom of the Stomach, as hot as can be endured, and keep your self from studying or musing, and it wil comfort very much.

A drink for cold Rhumes and Phelgms.

Take the roots of Fennil, Comfrey Parsley and Liverwort, Heart, tongue

Mouſear, Horehound, Sandrake, Maiden hair, Cinquefoyl, Hyſop, Bugloſs and Violet leaves of each one handful, waſh and dry them very clean, Rayſins ſolis eight ounces, Aniſeeds four drams, Liquoriſh two drams, Elecampane root two drams, half a pint of Barley waſhed and bruiſed, boyl theſe in a pottle of fair water, until half the liquor be conſumed, ſtrain it, and put to it one quart of White or Rheniſh Wine, and 1 ounce of Sugarcandy, & boyl it again til half be conſumed, take it from the fire, and when it is cold put it into a clean glas, and drink thereof every morning and evening a draught firſt and laſt, and by Gods grace it wil make you wel and ſound. *Approved.*

For Rhume in the Throat.

Make a Cap of brown paper, perfume it with Frankincenſe, and apply it hot to the head, then take the hard Egges and lay them hot to the Nape of the Neck, and anoint the Throat with Oyls of Rice and ſweet Almonds, and lay your ſelf to ſweat, and after ſweating, mix Mel Roſarum,

ſy-

Syrup of Mulberries, Plantain water together, and gargle the throat therwith. In want of the said syrup use Woodbin water.

A Remedy for the Stone.

Take a quart of Milk, Ale, and white Wine of each four ounces, make them into a clear Posset drink, the curd taken off; to which put Parsley roots, Mallow leaves and Pellitory of the wal, of each one handful, Water Cresses one handful and a half, all smal shred, two spriggs of Time, and Liquorish one ounce bruised, boyl all together to the consumption of a quart, and take a draught thereof in the morning, or at any time before meat, sweetned with sugar to your taste.

A broth for the Cough of the Lungs devised by Dr. Brasdale, *Dr.* Atkitson, *and Dr.* Fryer, *for the Lord Treasurer.*

Take one paper of the prepared China roots, and steep in six pints of fair water three hours, then boyl it unto three pints in an earthen pipkin, then boyl

boyl a Chicken and one ounce of French barley together in a pipkin six or seven Walmes and skim it, then put away the water, and put the Barley and the chick to the China, with the china in the paper a little green Endive, twenty Rayſins of the Sun ſtoned, a little cruſt of bread, and a little Mace, boyl them together unto a pint & half ſtrain it and let the party drink every day two draughts thereof, one in the morning faſting, and another at four a clock in the afternoon, uſe it as often as you ſee cauſe.

For a Burning or Scolding.

Take Alehoof one handful, the yolk of an Egge, and ſome fair water, ſtamp them and ſtrain it, and therewith waſh the grieved place til the fire be out.

Or boyl ſome Alehoof and Sheep ſuet, together with Sheeps dung and Plantain leaves, til they come to a ſalve and apply it.

To procure Sleep.

Bruiſe a handful of Anniſeeds, and ſteep

steep them in red Rose water, & make it up in little baggs, and binde one of them to each Nosthril, and it wil cause sleep.

To sharpen a sick mans appetite, and to restore his Taste.

Take Wood or Garden Sorrel one handful, and boyl it in a pint of white wine Vinegar til it be very tender, strain it out, and put to it Sugar two ounces, and boyl it to a syrup, & let the patient take of it at any time.

A comfortable Juleb for a Feaver.

Take Barley water and white Wine of each one pint, Whey one quart, put to it two ounces of conserve of Barberries, and the Juyces of two Limons, and 2 Oranges. This wil cool and open the body and comfort it. If the Feaver be extream hot, take two white salt Herrings, slit them down the back, and bind them to the soles of the feet for twelve hours. In want of Herrings take two Pigeons cut open, and so apply them.

A Receipt of the Right Honourable the Lord Sheffield for the Cough of the Lungs.

Take of the diſtilled water of ſweet Horehound one pint, and add ther to to make a ſyrup three quarters of a pound of fine white ſugarcandy finely beaten, mix theſe wel to gether, and ſet them upon a quick Charcole fire, then take ſome of the beſt Engliſh Liquoriſh, clean ſcraped and ſliced, and put into it, and let it boyl in the ſaid ſyrup, and when it ſeems half boyled, take three graines of Ambergreeſe reaſonable wel bruiſed, & put it into the ſyrup, & let it boyl altogether, but let any ſcum that riſeth upon it be taken away before; you muſt have a care that it boyl not with much heat by often cooling ſome of it with a ſpoon; when it comes to a little thickneſs, being cold, it is boyled ſufficiently elſe wil it be al candy, and not ſyrup. while it is hot it muſt be ſtrained thro igh a fine clot h that is clean, before it be put in a glaſs.

For

For a Cough, or stuffing in the Stomack.

Take Hysop water one pint, Muscadine one quart, four races of Ginger & as much *Liquoris* sliced, two penny-worth of *Sugarcandy* in powder, put al into a glass, and stop it close, and shake them wel together, and let it intermix twenty four hours, and drink thereof morning and evening.

A Plaister for the Colick.

Take Cammomil, Rue, Sage, and Wormwood of each one handfull, wheaten bran half a handful, cut the hearbs smal and boyl all in good Vinegar til the Vinegar be consumed, then put it into a linnen bag, & lay it to the pained place as hot as can be endured, and when it is cold warm it again, and use it daily til you be wel.

For the rising of the Mother.

Take Columbine seed and Parsnip seed of each three spoonfuls, beat them to fine powder, and boyl them in a quart,

quart of Ale to a pint, ſeething with it one handful of Sage cut ſmal, ſtrain it and drink it off warm every morning and evening, eſpecially when you feel pain. And take two ounces of Galbanum, ſpread it upon a cloth, and lay it upon the womans Navil.

A Drink for the Dropſie.

Take Polopodie of the Oak ſix ounces, Guajacum one ounce, the bark of Guajacum three ounces, Saſſafras four ounces, Sena ſix ounces, Anniſeed three ounces, Epithymum, Stechados, of each half an ounce, Rayſins ſolis ſtoned eight ounces, Hermodactyles 2 ounces, Agarick, Rhubarb, China Root of each half an ounce, Liquoriſh four ounces, put all theſe to ſteep a whole night in two gallons of Ale, and ſix quarts of ſtrong Wine, in the morning boyl them two hours and a half, the pot being cloſe ſtopt, then ſtraine it being cold, and give the patient therof three times a day, half a pint at a time, *viz.* at ſix in the morning, and at nine after that, and at three in the afternoon. Boyl the remnant in the ſtrai-

strainer in strong Ale as before, and drink this second liquor at meals as often as you will: You must keep a drying dyet of Roast meat every day, and sup betimes, but drink no other liquours whatsoever but these two.

For a Tympany or Water in ones body, and for the fulnesse of the Stomack.

Take red Fennil and stil it, and take thereof in the morning fasting a spoonful or two, and in the evening or any time of the day when you feel your self not wel: by Gods grace this wil help you.

For a stitch in the side proved.

Take a pretty quantity of Oats and boyl them in Sack, til they have dryed up the Sack, and then put them in a cloth, and lay it as hot as you can endure it to your side, and this wil help.

A Receipt of hearbs that are to be boyled in broth according to Dr: Atkins opinion.

Take Tamarisk, Lettice, Borage, Bugs

Bugloſs, Roſemary tops, ſweet Marjoram, Time, Succory, Parſley and Fennil, of each a pretty quantity, and when the body is coſtive, leave out ſome hearbs, and put in only Tamarisk, Borage, Bugloſs, Lettice, Succory, Paſley, Fennil, Betony.

Another by Mr: Francis Cox.

Take the roots of Sparagus and Eringoes, of each three or four; cut off the length of a finger and ſliced, Maydenhair, Tamarisk, Harts tongue, of each like much, Betony twice as much as any of the reſt, bind theſe & the roots together, take alſo large whole Mace 2 or three ſlakes, a quarter of a Nutmeg quartered, take then a young Cock, dreſſe him, and ſlice him, & cut his fleſh, and ſo boyl him until he be ſod all to pieces, but let not the hearbs boyl too long in the broth, but when they have given a pretty taſte to it, take them out, and let the reſt boyl, til the Chick be al in pieces, then beat the fleſh of him with Dates in a ſtone Mortar and ſtrain it with the liquor, until you have al the

taſte

taste thereof in the liquor, then clarifie this broth wth whites of Egs as you do a Jelly, and then use it; this broth will strengthen the back, and have respect to the Spleen.

A preservative against the Plague.

Take one handful of Roses, Betony and small Fellon, two handfuls of *Scabious*, of Dragon, Sage, Sorrel, Rue, Bramble leaves & Elder leaves of each one handful, Bole Armoniack as big as an Apple, Saffron the weight of eight pence, yellow Sanders one ounce, Sugarcandy 2 ounces, all beaten into powder, distil these together: Take 3 spoonfuls thereof, and of Treacle or Mithridate the quantity of a bean, & mingle it with the water, & drink therof when you are faint.

Oxymel Compositum.

Take pure Honey a pottle, white Wine vinegar a pint & a half, five parsley, five Fennil, five *Small*age roots the pith taken out, the roots of Knacholm two ounces, *Sparagus* one ounce, *Small*age

large seed four ounces, shred the roots and bruise the seeds, and steep them in three quarts of Conduit water for 24. houres, and after boyl it all to one quart, strain it, and add the Honey clarified and boyl it therein, then put to the Vinegar, and let it boyl gently to the thickness of a syrup, one spoonful whereof taken every morning fasting, cutteth and divideth all grosse humors, it purgeth the Liver, Spleene, Reins, and opens all obstructions, it moveth Urine, and provoketh sweat.

A Purging Dyet-drink, the proportion for four Gallons.

Take Sarsaparilla four ounces, Sena six ounces, Polypodie of the Oak six ounces Rhubarb twelve drams, Sassafras roots 2 ounces, Agarick one ounce, Sea scurvy grass a peck, Fennil, Caroway & Annisseed of each half an ounce, Cloves and Ginger of each one ounce, wild Radish and white Flower de Luce roots of each two ounces, Water Cresses and Brook-lime of each eight handfuls, slice such of these as are to be sliced

and

and beat those that are to beaten in a Mortar, and put them in a Canvas bag, and let it stand eight dayes in a rundlet of four gallons of ten shillings beer; a little lower then the middle of the beer, and so tun it. Take thereof in the spring and Fal three or four days together in manner following, every morning at six a clock fasting, take half a pint cold, and use some exercise after it til you be warm, and fast til nine a clock, then take such another draught, and fast one hour after it, then take some thin warm broth, and keep a good dyet at meals, eating no sallads or flegmatik meats, after dinner at 3 a clock take thereof another half pint: thus do for 3 or 4 days in the same manner. This wil purge gently, clear the bloud and inward parts, and prevent diseases. If you please, you may put to the above said Ingredients two handfuls of Mayden hair.

The Lady Worcesters *Medicine for the Green Sickness approved.*

Take a pint of Malsey & 2 handfuls of currants clean washed, and put them together

gether, also take a little Wormwood, and a little crop or two of red Mint, either green or dryed, and lay it in the Malmsey over night, & in the morning eat a spoonful or two of the Currants fasting, & walk after it, eating nothing in an hour, use this twelve dayes together, & if you shal see cause, also take Wormwood and warm it between two Tyles, and put it in a cloth, and lay to the stomack when you go to bed, and so fresh every night. Proved by the *Lady Worcester.*

A Diet drink for a Fistula, or for a body ful of grosse humours.

Take Sarsaparilla, Sassafras, the Wood and bark of Oak roots, of each four ounces cut smal, Agrimony, Colts-foot, Scabious, of each four handfuls, Marsh Mallow roots halfe a handful, Betony, Ladies Mantle, Sanicle, Columbine roots of each one handful, shread the hearbs and roots smal, and boyl them all in three gallons of Spring water, or two gallons, then strain them through a Cullender, and put thereto one gallon of cleer water, and boyl it to

to a gallon and a half,& ſtrain it again til all the moiſture be out, put thereto a pottle of good white Wine, and a pint and half of good Honey, and boyl it ſoftly, ſcum it very clean, take it off the fire, and put to ſix drams of Rhubarb ſliced ſmal, and two ounces of Sena, and keep it in a ſtone veſſel cloſe covered, and drink thereof at five a clock in the morning, and at four a clock in the afternoon, til half of it be waſted; afterwards let the Patient drink thereof every morning a draught, and dreſs the Fiſtula with the green ſalve, and this wil cure it.

When this drink is made as aboveſaid let it ſtand three dayes, only ſhaking it together twice or thrice a day. It is fit to be drunk at three dayes end. In the time of taking it, all Fiſh, white meats, fruit, wine, anger and paſſion muſt be avoided.

For one that hath no ſpeech in Sickneſs.

Take the juyce of Sage, or Pimpernel, and put it in the patients mouth, & by the grace of God it ſhall make him ſpeak.

A water good for Lightneſs of the Head, and the aforeſaid.

Take the flowers of ſingle white Primroſes, and ſtill them, and drink of the water, & that is good for the lightneſs of the head; and for bringing of the ſpeech again, mingle therewith the like quantity of Roſemary flower water and Cowſlip water, and the ſame will reſtore the ſpeech again.

Sir Edward Bouſtwards *pretious Oyntment for Aches in the Bones or Sinew that come of cold cauſes.*

Take Wormwood, red Sage, the green and tender leaves and buds of bays and of Rue, of each one pound; chop them and beat them in a Mortar very ſmall, put to them Mutton ſuet well picked from the skins one pound and a half, and beat al well together, and put to them a pint and a half of good Oyl Olive, or Neats foot Oyl, mixe them al well together in an earthen pot, & ſet them in a warm Oven five hours, then take it out and ſtrain it, and keep the Oynment in an earthen pot

anoynt,

anoint the grieved therewith wel by the fire, and cover the place with black Wool unwaſhed.

Dr. Atkins. *An excellent Medicine for the Jaunders.*

Take of Rhubarb finely ſliced the weight of a ſhilling, red Dock roots ſliced the weight of three ſhillings, one Nutmeg bruiſed groſſely, and put them in a bottle of new beer, or any beer, the bottle being three quarts or a pottle, let it be cloſe ſtopped for three dayes, or 2 at leaſt, and then begin to give him to drink thereof every morning a draught next his heart, and about five a clock in the afternoon, drink this til his ſtool come yellow, if his body be looſe with it, give him but only in the morning; if he wil not take this give him two ſpoonfuls of the ſyrup of Succory with Rhubarb one morning, and every day after give him the weight of ſix pence of the powder after vvritten in drink or broth, or Alebery next his heart for a vveek together.

Dr: Atkins *Powder.*

Take Earthworms and slit them, and wash them with white Wine, then dry them in an Oven, and powder them and put to every shilling weight of their powder a groat weight of Ivory, and as much of Harts horn scraped & mingle them together; boyl in his broth Parsley roots and Fennil roots, and a little Nutmeg; if he wil not take this, give him every morning two spoonfuls of Oxymel Compositum alone, or in beer or else burn some Juniper, & take one ounce of the ashes, and put in an Hypocras bag, with a quarter of a Nutmeg beaten, and run a pint of Rhenish Wine or white Wine through it four or five times, and let him every morning drink a draught of the Wine with sugar.

An approved medicine for the Yellow Jaunders.

Take the peels of Barberies, and scrape off the outside of it, and take the inner Peel of them, a quarter as much

as one may hold in their hand, a ſmal Reaſin of Turmerick grated very ſmal, four or five blades of Engliſh *Saffron* to be dryed and beaten very ſmal, then put al together, and boyl in a pint of Milk or poſſet drink, until it be very bitter, then ſtrain it and drink every morning faſting, & at night when you go to bed, nine dayes together, and by the grace of God it wil help you: Or elſe you may lay it aſteep in ſtrong Ale or beer 24 hours, & then drink a quantity of it as you ſhould the other, and if it be bitter you may put a little ſugar to ſweeten it.

To make Oyl of Exceſter.

Take Sage 2 handfuls, one of Tyme, one of the vvild Vine, 2 of Hyſop, one of Saint Johns Wort, two of Bay leaves, one of Gooſegraſs, two of Roſemary, one of Letterwood, two of Pennyroyal, two of Camomil, two of Lavender, two of vvhite Lillies, two of Dragon leaves, two of Rue, two of Wormvvood, two of Mints, one of ſvveet Marjoram, one of Pellitory of *Spaine*, one of Feaverfew, one of Angelica, one of

Betony, stamp wel these hearbs, and put them into a great pottage pot, and boyl them in two quarts of running water til the water be consumed, then put to it 2 quarts of Cowslip flowers that have been steeped in Oyl Olive four weeks, and have been kept in the Sun al that time, and two quarts of white Wine, and also two quarts of Oyl Olive, boyl them together one or 2 hours, til you think it almost dry, then strain in the Oyl from the hearbs, and put it into a glass, and blow the uppermost of the oyl into the glass, for the very bottom is not so good.

A Medicine for the Worms.

Take a little fresh butter and honey melt it and anoint therewith the child from the stomach to the Navil, then take powder of Myrrhe and strew it upon the place so anointed, cover it with a brown paper, and bind a cloth over it and so anoint the child three nights one after the other. This Myrrh is also good to swallow in a morning for shortness of breath, and to chew it in the mouth for Rhumes.

A

A Powder for the Wind in the body.

Take Aniseed, Caroway seed, Jet, Ambergreese, red Coral, dryed Limon or Orange peels, new laid Eggshels dryed Dates stones, pillings of Goose-horns, of Capons and Pigeons, dried horse radish roots, of each half a scruple in fine powder wel mixed, & take half a scuple thereof every morning in a spoonful of beer or white Wine.

To make Oyl of Eggs.

Take twelve yolks of Egges, and put them in a pot over the fire, & let them stand til you perceive them to grow black, then put them in a press, and press out the Oyl. This Oyl is good for al manner of burnings and scaldings whatsoever.

To make Oyl of Mustard seed.

Take two pounds of Mustard seed, and four pounds of Oyl Olive, grinde them together, and let them so stand nine dayes, and then stir it wel, and

keep it in Boxes. This Oyl is good for Palſie, Gowt, Itch, &c.

To make Oyl of Fennel.

Take a good quantity of Fennel, and put it between two iron plates, and make them very hot in the fire, then preſſe out the liquor. This Oyl wil keep a great while. It is good for the Tiſſick, and for burnings or ſcalding.

To make Oyl of Rue.

Cut Rue leaves ſmal, and put them into a pot with ſome Oyl Olive, and let them ſtand twelve dayes, then boyl them til they be waſted to the third part, then ſtrain it and keep it cloſe: This Oyl is good to keep away al cauſes of Peſtilences in man, woman or childe.

To make Oyl of Cammomil.

Stamp a good quantity of Cammomil flowers in a Mortar, put them in a pot with ſome Oyl Olive, and let them

them ſtand twelve dayes, then boyl it a little on the fire, then take it off & preſs it out hard, & put the juyce into glaſſes, and put to them more Cammomil flowers ſtamped ſmal, and let them ſtand for your uſe.

A ſoveraign medicine for a Fiſtula.

Take pure Roſin one pound, Sheep ſuet the bigth of a great Egge, or ſomewhat more in Winter, and ſet them on a fire in a pot til it be ready to boyl, then pour it in a pan of cold water, and work it with your hands rubbed with butter til it become ſo ſmal as pace 3, ſcrape it on a cloath & ſpread it thin, then cut it out ſmal and narrow, and when you uſe it rol it up ſmal like tents.

The Powder.

Take an Ox horn, and ſteep it nine dayes in water, ſhift every day into freſh water, then take it out & fil it ful of black ſoap, and fry it over the fire in a Frying pan, and the horn wil melt away and burn to powder, dip the end of ten tents in this powder.

The Waters.

Take Allum and white Copperas of each half a pound, beat them into fine powder, and mix them wel together. and put them in an earthen pot, and let them boyl on a ſoft fire til they be hard and wil boyl no longer, then beat them to powder. Two ſpoonfuls wil make a gallon of water, and one ſpoonful wil make a pottle, but let the water ſeethe firſt, then take it off, and at firſt ſprinkle a little of the powder, leſt it flame up, and after the reſt wet a fair cloth, and dry the ſore twice a day. If green Copperas be uſed; two pound muſt be put to one pound of Allum, when the ſore is dreſſed, it muſt be tented as aforeſaid if need require, and lay on a cloth ſtil wet in the ſaid water. As the water comes hot from the fire, put in one ſpoonful of the ſaid powder by degrees.

A ſpecial Medicine for a Looſeneſs.

Burn three Nutmeggs to aſhes in the flame of a Wax Candle, and when they are throughly burnt rub them to powder, and mix it with the like quantity of

of Bean flower and Cinnamon finely beaten and searsed, then make it up into a paste with the white of an Egg, & a little red Wine, & make the paste into smal round pils fit for swallowing, and dry them hard in a clean fire, and when you take them drink a little red Wine after it.

For an Uncomb or sore Finger.

Shred one handful of Smallage very smal, and put to it one spoonful of Honey, the yolk of an Eg, & a little wheat flower to make it thick, then spread it on a cloth, and lay to the sore twice a day.

For the same in young Children, or any other in the beginning.

Take Celandine and bruise it wel between your hands, and bind to your Navil, and the soles of your feet, hang it once in twenty four hours til they be wel;

A Medicine for the Purples proved.

Take purple silk and shred it as smal as you can, and put it into a spoon, and put a little Ale or Beer unto it luke-warm, and so take it and drink after it a little, and so do five mornings together, and fast an hour after it.

Dr: Twines *Almond Milk.*

Take a pot of water when it is boyled, & stood to be clear, then boyl therein violet leaves, Straberries the whole hearb with the root, of each a pretty handful, Sorrel a good root all wel washed, a crust of white bread, Raysins of the Sun stoned two ounces, boyl all these from a pottle to a quart, and with fifty Almonds blanched, and 30 Pompinion kernels, al wel beaten, draw an Almond Milk, sweetned with good sugar to your liking, and drink a good draught thereof morning and evening towards the quantity of a pint,

Dr:

Dr: Blacksmiths *Almond Milk.*

Take of the roots of Ruscus Gramen, Sparagus, and Succory, each 3 drams; Barly prepared half a handful, of the leaves of Mallows, Violets, five leaved Grass, Strawberries, Borage, Bugloss, Maiden hair of each half a handful, sliced Liquorish two drams, boyl all these in three pints of fair running water to a quart or lesse, then take the weight of a French Crown of the Kernels of each of the three cold seeds, and beat them with a few Almonds and white Rosewater and sugar, and make Almonds Milk.

Dr: Atkins *excellent Receipt of Almonds Milk to cool and cleanse the Kidneys.*

Take a pint and a quarter of Barley water, and in that boyl Althea, Iringus, Gramen and Sparagus roots each a French Crown weight, Strawberries and five leaved Grass both leaves and roots each a few, boyl them till the Barley water be but a pint, then strain out the Barly water and take a French Crown

Crowns weight, a piece of the four cold ſeeds, and peel off the husks, then beat the ſeeds with the Almonds, and ſtrain them forth together with the barley water, and put to it a little Roſewater and Sugar, and make it an Almond milk.

A Receipt for the Stone.

Take a Gallon of new Milk, Wild Tyme, Saſſafras, Pelitory of the Wal, Filipendula roots, Saxifrage of each 1 handful, Parſley leaves two handfuls, three or four Radiſh roots, and as many Parſley roots. Aniſeeds one ounce, cut and ſlit the roots, bruiſe the hearbs and ſeeds, & put them to infuſe in the milk a whole night, the next morning diſtil it in a Roſe diſtilatory. Take ten or 12 ſpoonfuls of the water, and as much white or Rheniſh Wine, a little ſugar, and a ſliced Nutmegg. It is very good every full and change of the Moon to take morning and evening to prevent ſickneſs, & at any time if need require.

For

For the Green-sickness.

Take Aloes and Rhubarb of each four ounces finely beaten and searsed, prepared steel four drams, mix these together with claret Wine, and make them into twenty seven pils, and take every morning three of them using exercise til al be gone, and drink after them at each time a glass of Claret wine.

For any sore breast or Paps.

Take a pottle of running water, Sage two good handfuls smal minced, and a quantity of Oatmeal grats smal beaten, boyl al these to the thickness of white bread dough, but let it not burn to, then put to it three spoonfuls of Honey, and a little Saffron, stir it wel together, and boyl it to a quart somwhat stiff. This Pultess wil break and heal it soon, and draw away the pain without breaking. It wil cure any sore Brest or Pap if it be not a canker or Fistula.

A Syrup lasting many years good for Swounding and faintness of heart, it comforteth the weak brain and sinews, it may be used as much as half a Nut once at your pleasure.

Take Borage, Bngloss, white Endive one little handful of Rosemary flowers, Time, Hyssop, Winter Savory, of each one little handful, break these between you hands, and seeth them in three quarts of water to three pints, then strain it, and put to it a pint of good Malmsey, one ounce of whole cloves, powder of Cinamon half an ounce, powder of Ginger a quarter of an ounce, one Nutmeg in powder, Sugar half a pound or more, let them seethe upon a soft fire, wel stirred for burning to until it come to the thickness of Honey, then take it up & let it cool and put it in pots or glasses at your pleasure prescribed by Dr: *Twine.*

An approved Medicine for a Woman in Labour to make come and prove safe Deliverance.

Take powder of Cinnamon 1 dram, powder of Amber half a dram finely bea-

beaten, mingle it with eight spoonfuls of Claret wine, and so let her drink it.

To know how much Bazer stone must be taken when one is Heart sick.

Take Bazer stone the weight of three Barly cornes or five at a time, once in 6 or ten hours, & give it in a spoon with Carduus, Bean water, Borage or Bagloss, Ale or beer.

Doctor Stevens *excellent water wherewith he cured many diseases following.*

Take one gallon of Gascoign Wine, Ginger, Gallingal, Camomil, Nutmegs, Grains of Paradise, Cloves, Annisseeds, Caroway seeds, of each one dram, then take Sage, Mint, red Roses, Time, Pellitory, Rosemary, Pennyroyal, Montanum, Camomil, Babin, Harts tongue, Lavender, Avance, of each a handful, bray the spices smal, and let stand so twelve hours, stirring it divers times, then stil it in a Limbeck, and keep the first by it self for it is best, then wil there

there come a ſecond water which is good, but not ſo good as the firſt, for it is fainter. The virtues of this water is to comfort the vital Spirits greatly, and preſerve the youth of man or woman, & helps the inward diſeaſes that come of cold, helpeth the ſhaking of the Palſie, and cureth contractions of ſinews, it ſtrengthneth the Marrow in the bones, it helpeth the conception of Women that are barren; it killeth Worms in the body, and cureth the cold Gowt, and Tooth ach, and it helpeth the Stone in the bladder, and the pain in the reins of the back, and will make one ſeem young a long time; one ſpoonful of this Aqua vitæ ſhal do more good to a man that is ſick, then four ſpoonfuls of any other, and this Aqua vitæ ſhal be better if it ſtand in the ſun al ſummer long.

For the Falling Sickneſs.

Take half a peck of Peony roots, cleanſe, rub, waſh and ſtamp them, and as you ſtamp them put in Sherry ſack, let them be beaten very ſmal, and then put to them a pottle of Sherry Sack,

ſtir

ſtir all wel together, and let it ſtand cloſe covered twenty four hours, then pour of the cleareſt into bottles, & take thereof a little draught, every change of the Moon, for three mornings 1 morning after another.

A Pulteſſe to break a Bile, or Impoſtbume.

Take Sorrel one handful, twelve figs, quartered, half a pint of *Sorrel* juyce, boyl and break theſe together til it be very tender, and put to it ſome Wheat flower, and when it is wel boyled, put to it a good piece of butter, and lay it vvarm to the place twice a day til it be drawn enough.

A Remedy for Worms in Children.

Take one ſpoonful of juyce of Limons, powdred *Saffron* half a ſcruple, and a little Sugar, and give this ſame quantity to the patient three mornings together.

For Worms. Dr. Wetherborn.

Take Rhubarb one dram, Worm-

wood

wood half a dram, Corralline one scru-ple, Currants one good handful, beat them al to a Conserve, & mix it with syrup of Violets to an Electuary, and give the child the quantity of a Walnut thereof every morning fasting.

An Oyntment to heal any bruise or wound.

Take Sage, Selfheal, Smallage, Sothernwood, Plantain, Tyme, Ribvvort, Rue, Parsley, Marygold leaves, Mercury, Wormwood, betony, Scabious, Valerian, Cumfrey, Lions tongue, Buckhorn of each one handful, wash them clean, and put them into a sieve to drain all night, and vvhen they are dry chop them very smal, and put to them two pounds of unwashed butter vvel beaten, then boyl it til half be consumed, then strain into the pot you mean to keep it in. It is also good for swollen breasts. *May* is the best time to make it in.

For a bruise in a Womans breast that is hard swollen.

Take Wood lice and dry them between papers before the fire, and make them into fine powder, whereof take as much as will lye on a three pence, in a spoonful of Gowt Ale: do this first and last for three weeks together, and after you may take twice a week, til you find the breast wel. But you must be sure to keep a white Cotton fryed in Goose grease to it constantly, though you leave taking the said powder, until you find the breast cured. This hath cured breasts that should have been cut off.

A Medicine for a Child that cannot hold his or her Water.

Take the Navil string of a child which is ready to fal from him, dry it & beat it to powder, and give it to the Patient child Male or Female, in two spoonfuls of smal beer to drink fasting in the morning.

A. R. C.

Shred two handfuls of Rosemary-flowers and boyl them in a quarter of a pint of Aqua vitæ a little together. At night when you go to bed, and in the morning you must have two little pieces of white Cotton, and take some of this liquor, & set it on the embers in a dish, and put in one of the pieces of cotton, and when it is hot wring out the Liquor, and lay it to the grief. Do thus three times evening & morning; keeping the last piece of Cotton to the grieval night and so al day.

An Electuary for the Liver.

Take Chichery roots, wash and rub them very dry in a cloth, then slit them and take out their pith, and cut them in smal pieces, of these roots thus ordered take eight ounces, and beat them smal in a Mortar, and put to them two ounces of Currants wel wvashed and dry rubbed in a cloth, and beat them wel together, put one ounce of the best grated Rhubarb, and half a pound

pound of double refined ſugar, beate to powder, and beat al wel together in the Mortar to the conſiſtence of a wel formed Electuary, & keep in a galley pot for your uſe cloſe covered. Take as much thereof as a Walnut in the morning faſting, and as much at four a clock in the afternoon.

A Purging Ale for the Liver.

Take *Scurvy* graſs ſix handfuls, Brooklime, Water-Creſſes, of each three handfuls, Agrimony, Speedwel, Liverwort of each two handfuls, Fennel and Parſley roots of each three ounces, horſe-radiſh two ounces, Monks Rhubarb one pound, al wel picked, waſhed, & bruiſed, then put to them Sena five ounces. Polypody of the Oak four ounces, Nutmegs bruiſed two ounces, Fennel ſeed bruiſed one ounce, Liquoriſh ſlit and bruiſed two ounces, Saſſafras cut ſmal three ounces: put al theſe in a bagg or boulter, and hang it in five or ſix gallons of ſecond Ale, and after five dayes infuſion drink thereof half a pint every morning faſting, and walk upon it,

A Medicine for the Stone.

Take the Pulpe of Cassia Fistula newly drawn one ounce & a half, Rhubarb in powder one dram & a half, Venice Turpentine seven drams, Liquorish half a dramm, Species of Diatragacanthum frigidum one scruple, mix them wel together with a sufficient quantity of Marsh Mallows, and take thereof in the morning fasting the quantity of a Walnut, and drink after it a good draught of posset drink; use it three mornings at every new Moon.

For the whites and heats in the back.

Take three or four Nutmegs, and put them into the middle of a brown loaf, set it in an Oven, and when it is baked take out the Nutmegs, and every morning for 9 days one after another, beat the white of a new laid Egg to vvater, then put to it of Plantain and red Rose vvater of each four spoonfuls, & grate into it some of the said Nutmegs, and sweeten it vvith a little sugar, & drink it off.

Syrup

Syrup of Ale for the same disease.

Take a gallon of new Alewort of the first running, and hang it over the clear fire in an iron pot, and scum it til no more wil rise, and when it is boyled to a pint take it off, and put it into an ear. then pot with a cover, and take a little thereof on a pen-knifes point every morning and evening.

An excellent artificial Balsom.

Take Conduit water and Oyl Olive of each one quart, Turpentine four ounces, liquid Storax six ounces, put them in a bason, and let them stand together al night, the next day melt half a pound of bees wax on the fire, and put to it Rosemary, bays, and sweet Marjoram of each one handful shred smal, and also *Dragons* bloud, and Mummey of each 1 ounce made smal, and let them boyl in the Wax a while: then put into the bason Oyl of *Saint* Johnswort and Rosewater of each two ounces, and boyl it together a little more, then put in some natural balsam

ſam and red Sanders pulveriſed, and let it boyl a little, then ſtrain it into a baſon, & when it is cold make a hole in it with a knife to let out the water, & ſo diſſolve it on the fire, and put it up for your uſe.

The virtues & operations of this balſam,

1. It is good to cure any wound, inward: if inward ſquirt it in, or apply it with a tent: if outward, anoint the place.

2. It healeth any burning or ſcalding, bruiſe or cut being therewith anointed, and a linnen cloth or lint dipped therein laid to the place warm.

3. It takes away any pain or grief, that comes of cold and moiſture in the bones or ſinews, anointing the place griev ed with this Oyl heated, and a warm cloth laid on it.

4: It cureth the headach, only anointing the Temples and Noſtrils therewith.

5. It is good for the Wind Cholick or ſtitch in the ſides, applyed thereunto warm with hot clothes four mornings together, every morning a quarter of an ounce.

And many other cures it doth, *&c.*

To

To make the green Ointment.

Take Rue and Sage, of each one pound, Bay leaves & Worm-wood, of each half a pound, Melilot, the Herb and flowers of Camomil, Spike, Rosemary, red rose leaves, Saint Johns wort, and *Dil*, of each 1 handful, chop them first very smal, then stamp them, & put thereto the like weight of Sheeps suet chopt very smal, and stamp them al in a stone Mortar to one substance, that al be green and no *Suet* appear. Then put it into a large earthen pan, & pour on it five pints of pure and sweet Oyl Olive, and work them together with your hands to one substance, then cover the pan with past close that no ayr enter, and let it stand seven dayes, then open it and put it in a fresh pan, and set it, on a soft fire alwayes stirring it til the hearbs begin to grow parched, then strain it into a fresh pan, to which put the Oyls of Roses, Cammomil, white *Lillies*, *Spike* and Violets, of each one ounce, stir them wel together, and keep it in a glass close stopt for your use.

An Electuary for the paſſion of the Heart.

Take Damask Roſes half blown, cut off their whites and ſtamp them very fine, and ſtraine out the Juyce very ſtrong, moiſten it in the ſtamping with a little Damask Roſe water, then put thereto fine powder Sugar, and boyl it gently to a thin ſyrup: then take the powders of Amber, Pearl & Rubies, of each half a dram, Ambergreeſe one ſcruple, and mingle them with the ſaid Syrup til it be ſomewhat thick, and take a little thereof on a knifes point morning and evening.

A drink for a hot Feaver.

Take Spring water and red Roſe water, of each one pint & a half, the juyce of three Limons, and white Sugarcandy one ounce, and mix them together and give the patient thereof 6 or eight ſpoonfuls at a time often in a day and night until the unnatural heat be extinguiſhed.

For the Cholick.

Take equal portions of Honey and Wine, put them on a fire, and put thereto ground Wheat-meal, and a pretty quantity of bruised Cummin seeds, and as much Sorril, boyl al togeither for a pretty vvhile, then put them into a linnen bagg, and apply it to the belly as a plaister. Or take a pretty bundle of Tyme, and boyl it with a little slice of Ginger in a pint of Malmsey, til the third part be wasted, and drink thereof as vvarm as you can.

For stopping of the Urine.

Take the shels of quick Snails, wash them and dry them clean, and beat them into fine powder, whereof take a pretty quantity in vvhite Wine or thin broth.

For the Stone in the Kidneys.

Take a pottle of nevv Ale, and as much Rhenish Wine, and put into it two whole Limons sliced with the peels

and al, and put to them one Nutmegg beaten, and two handfuls of Scurvy-grasse beaten and strained into the Ale, and half a penniworth of grains of Paradise bruised; put altogether in a little stand with a cover, and after three days drink of it with a taste. It is also good against the wind Cholick proceeding from the stone.

To make hair grow thick.

Take three spoonfuls of Honey, and a good handful of Vine sprigs that twist like Wire, and beat them wel, and strain their juyce into the Honey, and anoint the bald places therewith.

For the Rhume or Cough in the Stomack.

Take a pint of Malmsey or Muscadine and boyl it in five ounces of Sugarcandy til it come to a syrup, and in the latter end of the boyling put to it five spoonfuls of Horehound distilled water, & so suck it from a Liquorish stick bruised at the end. Use this onely to bed-ward

For

For the Sciatica.

Take a pound of yellow Wax ſix ſpoonfuls of the juyce of Marjoram and red *Sage*, two ſpoonfuls of the juyce of Onions of Aniſeeds, Cloves, Frankinſenſe, Mace and Nutmegs, of each one pennyworth, and as much Turpentine: boyl theſe together to the conſiſtence of a ſalve, and ſo apply it.

For the Piles.

Roaſt quick Snails in their ſhels, pick out their meat with a pin, and beat them in a Mortar with ſome powder of Pepper to a ſalve; then take the dryed roots of *Pi*lewort in powder, and ſtrew it thin on the plaiſter, and apply it as hot you can ſuffer it.

To procure Sleep.

Chop Cammomile and crumbs of brown bread ſmal, and boyl them with white Whine Vinegar; ſtir it vvel and ſpread it on a cloth, and bind it to the ſoles of the feet as hot as you can ſuf-

fer it. You may adde to it dryed red Roſe leaves, or red Roſe cakes with ſome red Roſe water, and let it heat til it be thick, and binde ſome of it to the Temples, and ſome to the ſoles of the feet.

A good Purge.

Take Diacatholicon and Syrup of Roſes Laxative of each one ounce, mix them wel together in a penny pot of white Wine, and drink it warm early in the morning. This purgeth Choler, flegm, and al manner of watry humors.

For a Fellon in a joynt.

Dry Bay Salt and beat it into powder, and mix it with the yolk of an Egge, and apply it to the grieved place in the beginning before the Fellon be broken: but if it be firſt broken, then take the juyce of Groundſel, the yolk of an Egge, a little Honey and Rye-flower, mix them wel together, and ſo apply it.

To heal a freſh wound with ſpeed.

Take the leaves of Columdine Nettles, Plantain, Ribwort, wild Tarras, worm-wood, red Roſes, Betony, Violets, of each one handful, vvaſh them clean, and beat them vvel vvith the vvhite of an Egge, and ſtraine out the juyce through a cloth, to which juyce put the quantity of two Walnuts of Honey, and halfe an ounce of Frankincenſe, ſtir them wel together, and put it in a box, and uſe it plaiſter-wiſe. Or take Roſin, Wax, freſh Butter, Barrows greaſe wel tryed, of each a little quantity, oyl them wel, and put it into a baſon of cold water, and vvork it with your hands into little rowls, ſpread it on a cloath, and apply it. If the wound be deep, tent it with lint.

For the pricking of a Needle or Thorn.

Take boulted Wheat flower, and temper it with red Wine, boyl them together to the thickneſſe of a Salve, and lay it on ſo hot as you can ſuffer it. This vvil open the hole, draw

out the filth and ease the pain

For to kill a Corn.

Take of the bigth of a walnut of Ale yeast that is hard, add sticks to the tub side put to it a litle dryed salt finely powdered work them well together, and put it in a close box make a plaister of some of it and binde it to the Corn.

For Bruses Swellings, broken Bones.

Take Brooke lime, Chickweed Mallows, Smallage, Groundsel, of each one handful, stamp them with a little Sheeps tallow, Swines grease and Copin, put thereto wine d regs and a litle wheat Bran; stir them wel together over the fire till they be hot, so apply it to the place grieved.

For Buring or Scalding.

Take Goose dung and the middle Bark of an Elder tree, fry them in *May* butter, strain them, and therewith anoint the burnt or scalded place.

T.

To help Deafneſs.

Take peice of Rye dough the bigneſſe of an Egge, and of that faſhion, bake it dry in an Oven, cut off the end, and with a Knife cut out the paſte and make it hollow, then put into it a little Aqua Compoſita, and ſtir it, and ſo hot as you can indure it, apply it to the deaf ear til it be cold, you muſt keep your head very warm. If both ears be grieved, make two of them, and uſe thoſe three times.

For the Cholick.

Take half a ſheet of white paper, annoint it all over with Oyl Olive, and ſtrew thereon groſſe Pepper, and ſo lay it to the belly from the Navil downward.

For the yellow Jaundies.

Take Pimpinel, Groundſel, Sheebroom with the tops, of each one handful, boyl them in a quart of Ale til half be conſumed, then divide it into three draughts, and take it morning and evening.

For the Bloody Flux.

Take Bean flower, mingle it with Malmsey, and make a paste thereof, and bake it in an Oven like a Cake but not too hard, and lay it upon the Navel of the Belly as hot as can be suffered, and wet it over with Malmsey and keep it warme. It wil help in three dayes.

A drink to drive the plague from the heart

Take a great Onyon, cut off the top of it, and take out so much of the Core as the bigth of a Walnut, which hole fil up with Treacle, put on the top again, and wrap the Onyon in a piece of brown or gray paper, roast it throughly, and peel it, and trim it finely, & put it in a clean Linnen cloth, and straine it hard into 3 Porringers, and drink the juyce so strained out: for it hath been found most excellent by often proof not only for the expulsion of the Plague, but also for the eradicating of al poyson and venome.

black Soap, of each four ounces, boyl them in water til they be thick, make a plaister of it, and apply it to the grieved place hot.

For a Childs Navel that comes out with much crying.

Take Wax as it comes from the Bee-hive, let it not be altered, but only strained from the Honey, then melt some of it in a Sawcer, and dip some black Sheeps wool in it, and bind it to the Navel.

For Womans sore Paps or Brasts.

Take Bean-flowers two handfuls, Wheaten bran, and powder of Fenugreek, of each one handful, one pound of white Wine Vinegar, three spoonfuls of Honey, three yolks of Egges, boyl all til they be very thick, and lay it vvarm to the Breast. This vvil both break and heal it. Chrush out the matter vvhen you change he plaister. Or take Oyl of Roses, Bean-flower, and the yolk of an Egge with a little Vinegar, set it on the fire til it be luke-

warm.

warm and no more, then with a feather anoint the ſore places.

For an Ague in Womens Breaſts.

Take the leaves of Hemlock, fry them in ſweet Butter, & as hot as may be ſuffered apply it to the breaſts, and lay a warm white cotton on it, and in ſhort time it wil drive the Ague out of them.

To draw Rhume from the Eyes back into the Neck.

Take twenty Catharides, cut off their heads and wings, and beat their bodies into ſmal powder, which put in a little Linnen bagg, and ſteep it all night in Aqua vitæ or Vinegar, and lay it to the Nape of the Neck, and it wil draw ſome bliſters, which clip off, and apply to them an Ivie or Cabbage leaf, and it wil draw the Rhume from the Eyes. Or roaſt an Egg hard, cut it in half and take out the yolk, & fil either ſide with beaten Cummin ſeed, and apply it hot to the nape of the Neck.

For a Canker in the Mouth.

Take a pinte of strong Vinegar, Roach Allum the bigth of a Walnut, as much English Honey as wil sweeten it and boyl it in a skillet, put it up in a close stopt glass, warm a little of it in a Sawcer, and therewith wash the mouth often, and lay some lint wet in the same warm liquor upon the places.

To make a sweet breath.

Take the dryed flowers and tops of Rosemary, Sugarcandy, Cloves, Mace and Cinnamon, of each a like quantity dryed and beaten into fine powder, then take a new laid Egge, and put of the powder into the Egge, and sup it off fasting in a morning, do so seven days one after another, and it wil sweeten the breath.

For an old sore Legg.

Take the whitest hard soap you can get, scrape a quantity thereof into a Sawcer, put to it some Deer suet, and boyl

boyl them on the fire, then ſpread it on a clean *Linnen* cloth, and lay it to the ſore morning and evening, and in a ſhort time it wil heal.

For a Stitch in the ſide.

Take a peice of white levened bread, and toaſt it on both ſides, then ſpread one ſide thereof with the beſt Treacle you can get, and cover it with a fine Linnen cloth, and ſo lay to the grieved place.

A moſt excellent Salve for a Wound.

Take a good quantity of the tops of Mayden or unſet Hyſop, ſhred them ſmal, and beat them very ſmal in a Mortar; then take Oyl Olive and clarified Honey of each one ſpoonful, put therto half a handful of Wheat flower, compound them together cold, and make it up into a fine Salve, vvhich uſe to the purpoſe aforeſaid.

A Pulteſs to ripen any Boyl or Impoſthume.

Take a Lilly root and roaſt it in the

Em-

Embers in a brown paper, then take figs and pound them smal, and Fenugreek, and Linseed of each a like quantity: when the Lilly root is roasted, pound it very wel, then boyl all therein new milk from the Cow, til it be so thick that a spoon may stand upright in it, and stir it alwayes in the boyling and put to it some *Barrows* grease and apply it to the place grieved.

To increase womans Milk.

Take Fennel seeds bruised and boyl them wel in Barly water, whereof let wet Nurses and Suckling women drink very often, in winter warm, in Summer cold, and let them beware of drinking much strong Beer, Ale or wine for they are hot, and great dryers up of Milk; and so are all Spices, and too much Salt or salt meat.

To keep iron from rusting.

Take *Lead* filed very smal and put so much Oyl Olive upon it as will cover it in a pot, then make your iron very clean first and anoynt the iron with the said

ſaid Oyl, after it hath ſtood nine dayes, and it will never ruſt.

To make golden colour without Gold

Take the juyce of Saffron flowers when they are freſh on the ground, but if you cannot get them, then take Saffron dryed and powdered, and put to it yellow and gliſtering Auripigment, that is ſcalie, and with the gall of a Hare, or Pike fiſh, which is better, mixe them together, then put them in a glaſs Vial cloſe ſtopped, which ſet in a warm dunghill for certain dayes, then take it out and keep it for your uſe.

To make golden Letters without Cold.

Take Auripigment one ounce, fine Cryſtal one ounce, beat them to powder ſeverally, then mixe them, and then temper them with the whites of Eggs, and ſo write with it.

To make Silver Letters without Silver.

Take Tin one ounce, Quick-ſilver two ounces, melt them together, then beat

beat them wel with Gum water, and ſo write with it.

To make the Face fair.

Take freſh bean bloſſoms, and diſtil them in a Limbeck, and with the water waſh your Face.

A Wound Drink.

Take Southernwood, Wormwood, Bugle, Mugwort, White bottle, Sanicle, Plantane, Dandelion, Cinquefoil, Ribwort, Wood Betony, Clary roots, Avens called Herb Bennet, Hawthorn buds, Agrimony, Oak leaves and buds, Bramble buds, wild Angelica, Mints, Scabious, Strawberry leaves, Violet leaves, Comfry, of each twenty handfuls, gather them in *May*, & dry them in a room without much fire, turn them often that they may not become muſty, and when they are dry put them up in Canvas baggs ſeverally. Then take of theſe ſeveral hearbs ſo dryed, of each three handfuls, and put them into two quarts of running water, and one quart of vvhite Wine, boyl them to three pints, ſtrain the liquor from the hea-

your

and put thereto one pint of Honey, which boyl again, taking away the froth, then ſtrain it and keep it in glaſs bottles cloſe ſtopped, and take therof in the morning faſting, and at night laſt, two or three ſpoonfuls at one time. This water will not continue good above three or four weeks at the moſt. It cureth old ſores, green wounds, Impoſthumes, Fiſtulas, and ſtancheth bleeding. Tent no wound, but ſearch and cleanſe it in a tent, and cover the place with a clean cloth. During the cure, the Patient muſt keep a ſpare Diet, and abſtain from Wine and ſtrong drink.

For Worms in Children.

Take three pound of Prunes, Sena one ounce and a half, ſweet Fennel ſeed one ounce and a half, Rhubarb half an ounce, tye all theſe in a bag with a ſtone to it, and put them into great quantity of water, then put the Prunes on the top, and let it ſtew ſix or ſeven hours, till the liquor be even with the Prunes, ſo drink of the liquor two or three ſpoonfuls, and eat of the Prunes in the morning faſting, and at four a clock in afternoon.

A Green Salve.

Take one pound of Butter, Bees wax five ounces, Roſin one pound & a half, Frankincenſe four ounces, Oyl of Bays two ounces, Deer Suet one ounce and a half, Verdigrees one ounce and a half, boyl the butter a little, then boyl the Wax in it, and ſtir it now & then, take it off the fire, put in the Oyl of Bays, ſet it on the fire again, then put in the Deer ſuet, and let it boyl one walm, for if it have more it will turn black, and when it is off the fire, put in the Verdigreeſe powdered, then ſtrain it into pots, and keep it for your uſe.

A Receipt for the Kings Evil, Fiſtula, ſore Breſts, Leggs, or other Sores.

Take Samuil, Agrimony, Avens, wild Bugle, red Dandelion, Wood Betony, Ribvvort, wilde Clary roots and leaves, Mugwort, Plantain, Wormwood and Bugle beaten and bruiſed, of each two handfuls, boyl them in ſix quarts of white Wine until their vertus be extracted very ſoftly, then with your

your hand squeeze all the juyce out of them into the Wine, then straine the liquor out, and set it on the fire, and clarifie it with so much Honey as wil make it dainty pleasant, and not sharp; then let it boyl a little more, and when it is cold, put it in bottles close stopped, and it wil last a year, vvhereof give the Patient six spoonfuls at a time in the morning fasting, & at 4 a clock in the afternoon.

To ease Womens Childbed throws that are taken with cold a week or two after their Delivery.

Take one or two spoonfuls of Oyl of svveet Almonds nevvly drawn, either in posset drink, or in a Caudle warm morning and evening. It wil help.

For Womens swounding fits after delivery of Childe.

Take the powder of vvhite amber as much as vvil lye on a three pence, and give it in Mace Ale vvarm.

An

An approved Medicine to speed a Womans Delivery in difficult Travel, and to send out the after-burden safely.

Take Cinnamon two drams and a half, one dram and a half of white Amber, Myrrhe two scruples, Castoreum one scruple, Borax half a scruple, Saffron five grains, powder and mix them, whereof give one dram at a time in white Wine and Sugar, and sweat after it. This hath been often tryed with much good success.

An approved Medicine for the Megrum.

Take one spoonful and a half of the white of an Egge beaten very clear, white Wine Vinegar one spoonful, of Pepper and Frankincense, of each two drams powdered, and one spoonful of Hony, mix them with so much Wheat flower as wil make into a past, whereof make two plaisters, and lay them to the Temples of the Head, & change it duly every morning and evening.

For to ease Head pain.

Take red Rose leaves dryed, mix them with Wheat flowers, Vinegar, Oyl of Roses and some Houseleek, boyl them til they be thick, spread it on a Linnen cloth, and lay it to the Forehead and Temples, and it will ease the pain.

To cure a Shock Dogg that hath the Mangie.

Take four ounces of Tar, mix it with some fresh Grease, so as it may run then put to it some Brimstone powdered half a spoonful of gunpowder, powdered, and two spoonfuls of Honey, mix them wel, and therewith anoint the Dog, in the summer time tie him in the hot sun that the Ointment may soak into him, in the winter time lay him on thick fresh hay, and there keep him that the heat of his body may heat and melt it. Thrice dressing wil cure him.

To preserve a Woman with Childe from miscarrying, and abortion.

Take a Fillet of Beef half roasted hot from the fire, then take half a pinte of Muscadine, Sugar, Cinnamon, Ginger, Cloves, Mace, Graines of Paradise and Nutmegs, of each half a dram, & make thereof a Sawce, then divide the Beef in to two pieces, and wet them in the Sawce, and binde the one piece to the bottom of the womans belly, and the other to the reines of the back, as hot as may be suffered, and keep them on twenty four hours at the least, and longer if need be thereof.

For any pain in the Stomach.

Cut a piece of new Scarlet in the shape of a heart, put it in a pewter dish, and wet it with strongest Cinnamon, or Wormwood water, then set it on a Casing dish of coals, and cover it close, and when it is dry wet it again, which do so often, until the sent of the Hot water be strong in it, and lay it very hot to the Stomach,

and renew it once or twice in week.

For the wind in the Veins.

Take powder of Liquorish, Caraway seed and Sugarcandy beaten smal, of each an equal quantity to your taste, to which put Rhubarb in powder, a third part or more, with as much Cream of Tartar pulverized; put it in a box, and keep it in your pocket, and eat as much of it as wil lye on a six pence, twice or thrice in a day for a week together. This wil gently purge you, cool the blood, and expel the winde out of the Veins. This hath holpen those that have not been able to go.

An excellent Searcloth for a Bruise, Straine, or Wound.

Take one pinte of Oyl Olive, red lead eight ounces, Virgins Wax four ounces, Oyntment of Popnleon four ounces, the Oyls of Roses and Cammomil, of each one ounce, set the Oyl on the fire, then melt the Wax in it then put in the Populeon and Oyls, and whe

when al are molten put in the red lead, ſtir them wel together, and let it boyl til it be black, then dip in your clothes, and apply them to the places il-affected.

Mr: Lumleys *Pippen drink for a Conſumption.*

Take the thick paring of ſix Pippins boyl them in three pintes of Spring water to a quart, then ſweeten it with Sugarcandy, whereof drink the quantity of a Wine glaſſe when you goe to bed. In a Feaver it is very good with a little ſyrup of Limons.

An approved Medicine for the Spleen.

Drink for three mornings together pure Whey as it comes naturally from the Curd: the firſt morning two pints, the ſecond morning three pints, the third morning four pints. The beſt exerciſe after it is gentle riding.

A rare Balſom.

Take Venice Turpentine one pound,

waſh it four times with fair water, and as many times in Damask Roſe water, till it be white as ſnow, then take an earthen pot of a Gallon, make a hole in the bottome of it, which ſtop with a cork and a rag, and tie a ſtring about the cork, into which pot put five pintes of pure Oyl Olive, and three pintes of Spring water, boyl this halfe a quarter of an hour, then melt eight ounces of yellow Waxe in a Skillet, which put to the Turpentine in the pot, take it off the fire and ſtir them together with a ſpoon, till they be well mingled, then pluck the cork out of the earthen pot, and let out all the Water in a platter, and the Oyl and the Turpentine into the Waxe in a large baſon, and ſet them over the fire ſtirring them well, then poure all out into a large earthen pan, and when it is through cold, melt it againe one the fire, ſo that it will ſlip out, then poure out the water in the bottome, and melt it again on the fire, ſtirring all well together, and ſo put it up into gaily pots for your uſe, and you have a moſt excellent Balſam made by decoction, whoſe effects follow.

The

The vertues of it.

1. *It* is good for any inward vvound ſquirted warm into it, and outwardly to it on fine lint, and anointing the place. *It* alſo preſerveth the wound from inflamation and putrefaction.

2. It heales any bruiſe or cut being firſt anointed therevvith, and then a peice of lint dipped in it, & layed to the place.

3. It cures al burnings and ſcaldings.

4. It helps the Headach, anointing the Noſthrils and Temples therevvith.

5. It expelleth the Wind Cholick or ſtitch in the ſide, being anointed and applyed four mornings vvith vvarme clothes, and every morning bathing it before the fire a quarter of an hour.

6. It helps a *Surfet*, taking one ounce thereof in vvarm Sack.

7. It preſerves from the Plague, onely by anointing the Lip and Noſthrils therevvith, before the party goeth abroad in the morning.

8. It is good againſt Cancers and VVorms applyed as before for a cut.

9. It helps digeſtion and keepeth

from Vermin, if the Navel or Stomach beanointed therewith before the party goeth to bed.

The Operator hath made it, healed himſelf being ſorely ſcalded.

To cure the Rickets in Children. Approved.

Take a quart of new Milk, put into it one handful of Sanicle, boyl it halfe away, and give it to the patient child to drink in the morning for a breakfaſt and let it not eat any thing for an hour or two after it: and at night take a quart of Milk, and one handful of red Mints, boyl it half away as before, and let the Child eat it laſt at night. This continue for a moneth, or longer, as occaſion is. This quantity of Milk ſo made wil ſerve for twice.

An Unguent to anoint the Ricketted Childs breaſt.

Take freſh Butter, Sanicle, red Mints of each one pound, ſtamp the Hearbs very ſmal, then mix it with the Butter to a perfect Unguent, and therwith anoint the childes breaſt every morning

ing and evening before the fire; you muſt anoint it from arm to arm, that it may open the breaſt, and alſo anoint the gullet bones, that they may open, for in this diſeaſe they wil ſeem to cloſe.

To anoint the Ricketted Childs Limbs, and to recover it in a ſhort time, though the Child be ſo lame, as to go upon crutches.

Take a peck of Garden Snails, and bruiſe them, put them into a courſe Canvas bagg and hang it up, and ſet a diſh under to receive the liquor that droppeth from them, wherewith anoint the Childe in every Joynt which you perceive to be weak before the fire every morning and evening. This I have known made a Child that was extream weak to go alone, uſing it only a week time.

For an Ague, a plaiſter.

Take ſtrong leaf Tobacco ſix drams, Currants a ſmal handful, and as much Boars greaſe as wil make it into a ſalve by beating and ſtamping together in a

Mortar of ſtone; when it is beaten to a ſalve, take two pieces of ſheeps leathers, and ſpread the ſalve an inch thick on both of them; and lay them upon the veins of both wriſts twenty four hours before the fit cometh. This wil cure either a quartan or tertian Ague.

A dainty cooling drink for a hot Feaver.

Take French Barley one ounce', boyl it firſt in a quart of fair water a good while, then ſhift it and boyl it in another quart of water a good while, ſhift itt again, and boyl it in a pottle of running ſpring water to a quart, then take two ounces of ſweet Almonds, lay them to ſoak al night, then ſtamp and ſtraine them into the laſt Barley water; put to it four ſpoonfuls of Damask Roſe water, the juyce of one Limon, & with Sugar ſweeten it to your taſte, drink of this often in the night, or when you are dry or hot.

To clear the Stomach, and comfort it.

Take a pint of Sherry ſack, put in it two ounces of Jean Treacle, and four

four ounces of white Sugarcandy, boyl them into a Syrup with a ſoft fire, and take one ſpoonful in the morning faſting.

A Plaiſter for the ſame.

Take a red Roſe Cake, and toaſt the upper ſide of it at the fire, ſtick it thick ful of Cloves, and dip it in a little quantity of Aqua vitæ and white wine Vinegar warmed very hot in a Chafing-diſh of coals, lay it to the Stomach as hot as can be ſuffered, and bind it faſt on all night.

For a Rupture.

Take a ſheet of Cap Paper, wet it in water, and fold it ſo wet, and lay it upon the Rupture, the party lying upon his back, but cloſe up the Rupture firſt with your fingers, and ſo bind it down until it be dry, and then it wil hold & grow with the fleſh, you may wear a Truſſe upon it if you will.

To procure speedy Deliverance to a woman in Labour with Child.

Take a pinte of Ale, and boyl it and put to it a Womans milk to make a posset of it and let the Woman in travel drink it; this hath procured easie and spedy d eilverance to divers women in childbirtth.

To cure a great Flux or Loosnes of the Belly.

Take a hard Egge and peel off the shel, and put the smaller end of it hot to the Fundament or Arschole, and when that is cold, take another such hot, r sh, hard and peeled Egg and apply it as afoesaid.

For to strengthen weak Eyes Supposed Mr. Stepkins.

Take one pinte of red Rose water, Sugarcandy one ounce Lapis Tutia two drams, both finely pulverised, put them into the Rose water, and stir them well together, and after it hath stood twenty four hours, wet a bit of new cleane

spunge

ſpunge in the ſaid water and waſh the ſore eyes therewith lying backward,& when the water is almoſt ſpent,put into theglaſſe more red Roſe water.

A rare Oyl or Saint Iohnwort.

Take a quart ofOyl Olive one pint of white wine,two handfuls of Saint Iohnswort ſtripped ſeeds and all,bruiſe them,and put them into the Oyl,and put to it oyl of Turpentine two ounces put all into a great double glaſſe cloſe ſtopped, and ſet in the Sun ten dayes, then put the glaſſe with all that is in it, into a Kettle of water, with ſome hey or ſtraw in the bottome,and let the water boyl gently for ten ortwelve hours, then ſtrain the Heards from the Oyl,into which Oyl put as much freſh Saint Johns wort and ſeeds bruiſed, and let it ſtand ten dayes more in the Sun: this Oyl will be then of a deep red colour and will laſt ſeven years; it is good to heal any wound,the venemous bitings of Dogs or Serpents, and for ſprains.

A Clyſter for a hot Feaver.

Take one handful of French Barley, boyl it a while in water til it be red, then pour off the water, and put the Barley into a quart of running water, with Mallow & *S*trawberry leaves of each one handful, a few dried Cammomil flowers, & a ſpoonful of Anniſeeds bruiſed, then boyl it half away, and ſtrain it out, put to the Liquor a ſawcer of Oyl Olive, and four ounces of brown *S*ugar, with four ſpoonfuls of ſyrup of Violets, uſe it ſomething more then lukewarm.

An excellent drink to keep ones Mouth moiſt.

Take of Roſemary, Cinquefoile, and a ſtick of Liquorice bruiſed, ſeeth them in a quart of fair water til half be conſumed, then ſtrain it from the hearbs, and put in *S*ugarcandy, & let it ſeethe a while again, and then take it off the fire, and let the Patient drink thereof cold or lukewarm.

To stay Vomiting.

Seethe a good quantity of Cloves in Ale very wel, that it may be strong of the Cloves, then sweeten it with sugar and drink it warm.

An excellent Receipt for Swounding, and bringing quickly to life.

Take of the common round black Pepper, and bruise it a little, and take half a sheet of white Paper, and fold it up together, and between every fold strew some of the same, and burn the one end thereof in the fire, and hold it to the Nosthrils; tis very good.

Against Fainting.

Take of Amber and scrape it, & put in a spoonful of hot broath, and take it in the morning fasting, or at other time when you find your self faint, and fast an hour after.

Dr. Lukeners *Medicine to ſtrengthen the Back*

Take a pottle of faire water, and a Cock Chicken, then take three French Crowns weight of Saſſaſras, as much of China wood, one dram of Orange roots, one dram of Marſh Mallow roots, ſcrape and cut all theſe in ſmall peices, and put in a cloſe Pipkin, and paſte it faſt that no ayr come out, and let it ſtand twenty four hours upon the fire and ſtew, but never boyl, then open the Pipkin, and put in one French Crowns weight of *Fennil* ſeed, and red Roſe leaves Borage, Bugloſſe, and Roſemary flowers of each a ſmall quantity, of Prunes and *Rayſons* of the Sun each a handful, the bottom of a Manchet, boyl all theſe together very well, til it come to a pretty thick broth, then ſtrain it and let the Patient take of this a reaſonable draught at eight in the morning, and at four in the afternoon three dayes together.

To hold Urine.

Take the Claws of a Goat and burn them to powder and let the ſick uſe hereof in their pottage a ſpoonfull at once, it will help them.

To ſtay Looſneſs.

Take Sage and dry it on the fire between two diſhes and then put it in a linnen bag, and ſit upon it as hot as you can ſuffer it and continue it till you finde eaſe.

A ſingular Medicine, that the Points of the Smal Pocks be not ſeen.

Take a fat peice of Beef being throughly powdered, and boyl it a great while then take a good quantity of the fatteſt broth, and ſtrain it, and put thereto a quantity of red Roſe Water and beat them well together a good while, and when the Pocks begin to itch, anoynt two or three times a day herewith till they be clean gone, and when the party is throughly well, let them

them take the broath of lean powdered Beef, and mingle it with white wine, & ſo let them waſh their Face therewith, and it ſhal bring it to ſmoothneſs and colour, as it was before; In any vviſe keep not the Throat nor Face too hot.

To dry up the Smal Pocks.

Take half a pint of new Cream, and as much Saffron as wil make it a deep Saffron colour, and boyl together half a quarter of an hour, and keep it in a glaſs, & when the Pocks begin to vvheal vvarm ſome of the Oyntment in a ſawcer, and anoint them vvith a feather tvvice a day til they be dryed up.

Dr. Eagleſtones *cure for the Smal Pocks or Meaſles.*

Take a quart of Ale or Beere, and ſeethe it in a skillet, and put thereto a good handful of Fennil, and ſix or ſeven Figgs ſcraped, and cut in pieces, two good ſpoonfuls of Aniſeeds, and a little Saffron, put all theſe to the drink, and let them ſeethe together til the liquor be more then half conſumed, & in the

seething scum it clean, and strain it into a bason, & when it is cold make a posset of of the same drink, & use to drink this often warm, and it wil cause the disease to come forth.

A most excellent Medicine that the Small Pocks be not seen in the Face.

When the smalleſt Pocks are cleanly come forth, and that they begin to dry, take *Sperma Ceti*, & warm it in a sawcer, and with a feather anoynt al the places oftentimes in the day, as often as it dryeth up, that no points of the pocks or any other spot shal be seen.

To keep the Smal Pocks out of the Throat.

Take a little Saffron and dry it by the fire, beat it into powder, and so boyl it with a little Milk, and drink therof morning and evening, and it is excellent both to keep them out of the Throat, and to bring them kindly out, that they be not within the body to endanger them.

An Oyntment for the Smal Pocks when they begin to change at top, and to prevent holes. Proved.

Take a piece of fat ruſtie Bacon, and ſcrape away the outſide very pure, then tie it up to a ſpit, & ſet a pewter baſon with fair water underneath the ſame, and let the Bacon drop therein, and when the fat of it is dropped away, then with a ſpoon beat that and the water together a quarter of an houre, then let it ſtand til it be throughly cold, then put the water out, and put the lard into another diſh of faire water, ſo doing for four times, then after in like ſort three times, with red Roſe water, then putting the water from it being throughly, put it up in a Gally pot, when you wil uſe it melt it, and with a Feather anoint the Face day and night, once in a quarter of an hour, til the ſcabs be clean off, and afterwards as long as there remaineth any ſcurfe.

To take the Smal Pocks out of the Eyes.

Take a blade or two of the biggeſt *Saffron*, and put that and Womans milk together, and ſo let it lye half an hour, and then with a feather anoint every quarter of an hour the out and inner ſides of the Eyelids round about as long as it is thought any Pox will come out; this wil preſerve the Eyes from al danger; uſe the like to the Noſtrils, that the breath be not ſtopped.

An exeellent one for the Smal Pocks when they have appeared, and the party taken cold. Proved.

Take a good handful of Cammomil, and not the flowers but the leaves, then ſeethe the ſame and make poſſet drink thereof, and let it taſt very ſtrong of the Cammomil, but take the curd away, then drink a good draught thereof very hot four or five times, or as often as need requireth, until the Pocks appear again: this is alſo very excellent to ſtay any Looſeneſſe in the body; if it ſhould be too bitter, you may put a little Sugar in it.

A Medicine to drive out the Smal Pox.

Take of diſtilled Taragon water 8 ſpoonfuls, and put thereto ſix graines of Bæzar or Unicorns horn, or for want of thoſe two, put ſo much Saffron, but the other is the better: let it be warm, double the portion as you ſee cauſe, taking nothing an hour before, nor an hour after.

Another of the ſame, and to preſerve from being infected.

Take a quart of new Milk, put thereto half a penny worth of Engliſh Saffron powdered, boyl it til it be ſtrong and yellow, give thereof a good draught warme in the morning faſting; take it every nine dayes three mornings together, mixed with Ivory and Harts-horn, of each a ſmal ſpoonful. Uſe it as long as you feare infection.

Dr: Stevens for the Gowt. Proved.

Take two pound of Virgins Waxe, of

of Boars greaſe halfe an ounce, of Sheeps Suet two ounces, of Neats foot Oyl two ounces, of Plantane & Roſe water each two drams, of Spike water one dram, of Dragon water half an ounce, as much of Borage water, and Dr. *Stevens* water, two Nutmegs, twelve Cloves, and ſome Mace of the beſt, beat them ſmall together, and put them into a pot, and boyl it over a ſoft fire, until it become a Salve, then chafe the place where the party is grieved as hot as he may ſuffer, and then ſpread it on a fine linnen cloth, and lay it upon the place ſix or eight dayes

The Counteſt of Mounteagles *excellent Medicine for the Cramp. Proved.*

Take a handful of the Herb called Perriwinkle, ſome of it beareth a blew flower, and ſome white, and alſo take a good handful of Roſemary tops, put them into a pewter diſh, and ſet them upon coals, dry them and turn them very often, and when they are very hot, lay them upon the place that is ſo taken with the Crampe, and binde a cloth upon them, when you goe to bed, and

and this wil help you, take it in the morning, and lay freſh at night.

A Poſſet-drink for one that is Heart-ſick, to remove it thence though it be the Plague.

Take Ale & make Poſſet drink ther' of, and clarifie it, then take Pimpernel, and ſeeth in it, til it be ſtrong of it, and drink often thereof.

Remedies againſt the Falling-ſickneſs.

Take powder of Harts-horn, drink it with Wine, it helpeth that diſeaſe: ſo do Ravens Egges taken with the juyce of Wild Rue, and the juyce of Miſſe-toe.

To avoid Fleagm.

Take clarified poſſet drink, and put thereto ſweet Butter, the yolk of an Egg, and a little ſmal Ginger, Hyſop, red Mints and Sugar, let theſe ſeeth al to-gether; and drink thereof firſt and laſt as warm as you can ſuffer it.

A very good means to stay a great Looseness that happeth in Child-bed.

First in the water you mean to use, quench a gad of Steele sundry times, then take the inward barks of the Sloe, of the Brambles and of the yong Oak, of each a like quantity, and so much as wil suffice according to the liquor you intend to make; if you use three pints of water, a pretty handful of each bark wil serve finely scraped; when they are wel boyled, that one pint is wasted, strain your liquor and make it into Almond Milk, with unblanched Almons finely ground, then with wel boyled Ivie thicken your Milk, and other Rice broth, and season it with Sugar and Cinnamon finely beaten, let the party forbear drink as much as may be, and eat thereof once in two or three hours, a little at once, as her stomach wil serve. If she have any gripe in her Belly, I wish this to be used, which *I* know to be singular good for any stoppage by sudden cold in Child-bed. Gather a great deal of Cammomil, and heat it wel between two Char-

Chargers upon a Chafing diſh of Coals, and when the moiſture of the hearb is ſomewhat ſpent, ſtrew in a handful of bruiſed Cummin ſeed, and ſprinkle it now and then with a little Malmſey, and ſo being a little dryiſh, put it into a thin bagg, and apply it to the belly as hot as may be ſuffered, and as it cooleth warm it again, til ſhe have eaſe: inſtead of Malmſey you may uſe Muſcadine. This hath been many times proved.

For a knock or a bruiſe in the face.

Take a peice of brown paper, & wet it in Beer, and lay it where the knock is, and as it beginneth to dry, lay on freſh a good while together.

For a Wen.

Take StoneLime and put it into water, til it have done boyling, then take a quantity of it, and mix it with ſome barrel Sope, laying them both on a cloth, let it be applyed to it, and it wil eat away the Wen.

For

For a Man that is burſten.

Take the roots of bake Ferne, and the roots of Elicampane, of each a like quantity, waſh and pare them cleane, cut them as ſmal as you can, and ſtamp them in a Mortar as fine as you can, and temper it with Oyle of Bay, and two ſpoonfuls of Oyle of Exceter, and when you have made the ſalve, ſpread upon his Codd to his Belly, and lay the plaiſter upon the whole, and remove it every two dayes, and then uſe another ſpace of ten dayes, you muſt uſe another ſalve or plaiſter as followeth. Take a quarter of a pound of and the white of three or four Eggs, and temper them together; and when they are wel tempered, put in two ſpoonfuls of Peſcolium, temper al theſe together, and uſe the ſame as you did the former ſalve; when you take off the plaiſter, you muſt lay fine cloaths under the bolſter of the Truſſe, until you think the skin be ful grown.

A Medicine to deſtroy VVarts.

Take Radiſh root, and ſhred it thin,

and put it in a pewter diſh, and caſt ſalt upon it, and cover it with another diſh, and ſhake the ſlices up and down, and then take a piece thereof, & rub the Warts therewith, then throw away that, and uſe another ſo, three or four times a day.

To take away Cornes.

Take Hoggs greaſe that is not tryed, and beat it with a Peſtle, and ſpread it upon a piece of white Cotton on the rugged ſide, and binde it on the Corns, dreſſing it once or twice a day, and it wil wear them away.

To take away Freckles or Morphew.

Take four ſpoonfuls of *May* dew, and one ſpoonful of the Oyl of Tartar, mingle them together, and waſh the places where the Frecles be, and let it dry of it ſelf, it wil clear the skin, and take away al foul ſpots.

The Lady Nevil *for a sore breast, by cold or festring of Milk.*

Take of Beans & Linseed, of each one little handful, dry them and beat them to powder, then take a quantity of Milk and the yolk of two new laid Egges, and boyl them together, then put in the powder of Beans and Linseed, and boyl to a Poultesse, and lay to the breast as hot as may be endured, and it wil both draw and heale it; dresse it twice a day.

Dr: Soper *his water for a sore Eye, or any defect or decay in the sight.*

Take of red or rather of white Rose-water half a pint, *Lapis Celaminaris* half an ounce, *Lapis Lucius* as much, beat them both to powder, and finely searse them, the dropping of Dale, Rhenish Wine halfe a pinte, Honey half a spoonful, mix whole Cloves, Plantain water half a quarter of a pinte, of the *Druggs* of Aloes as much as a Walnut beaten to powder, and finely searsed, shake them very wel together halfe an

hour or more, then let them ſtand twenty four hours before you begin to uſe it, ſtop it cloſe, & it wil be good a year, when you uſe it, you muſt put in a drop with a quil, into the corner of the Eye, and let the party lean back a quarter of aa hour; uſe it morning and evening.

To make a white skin from the Eye that came by ſome blow, though a quarter of a year ſince.

Take the gal of a white Cock Chicken, and a drop of life Honey or two, mingle them together in a Sawcer on a few Embers, and drop it three or four times a day into the Eye.

For breaking out of yong Childrens Heads.

Take Butter and Salt and fry it together til it be black, and when it is cold anoint their head. Or elſe take pure ſallat Oyl and Vinegar, and beat them together, anoint the place morning and evening til it be whole. Whey made with Agrimony and Scabious, and Wormwood, is excellent to clear the blood.

An

An excellent Medicine for a Scald, or burn newly done.

Take Horſe-dung newly made, or as new as you can get, & ſtrain it through a thin old cloth, and therewith anoint the place two or three times a day, and every time dip the cloth in the Horſe-dung, ſo ſtraine it, and bind it to the ſore al Day and night, it wil cure you.

The Counteſs of Arundels *drink for the Scurvey.*

Take of *Fumitory* and Scurvy-graſs, that which grows by the Sea-ſide, of each twelve little handfuls, of Brook-lime three little handfuls, of Water-creſſes ſix little handfuls, waſh and dry them very clean, and ſtamp them and hang them in three gallons of ſtrong Beer or Ale, when it is ſtale drink a good draught in the morning, faſting an hour after, another an hour before dinner, and another half an hour before you go to bed, the more exerciſe you uſe after it the better, it is needful to

be wel pruged, before you take this drinke or any other, uſe it three weeks or a month together; if you cannot have green Fumitory, uſe dry.

Paracelſus *his Plaiſter call'd* Emplaſtrum ſodicatonum Paracelſi, *good for many diſeaſes kerein mentioned tranſlated out of* Latine *into Engliſh.*

Take of the foure gums, that is to ſay Galbanum, Opoponax, of each one dram, Ammoniacum, and Bedellium, of each two drams, let them be beaten very ſmall, and put them in an earthen pot, leaded or glazed pouring upon the ſame very good Vinegar of Wine, and let them ſo remain a day and night, then boyl them in the ſame Vinegar upon a great fire, that the gums may melt, and when they be throughly melted, poure out the ſame hot into a bag, wring or preſſe the ſame that they may be wel cleanſed from the dregs, which dregs muſt be caſt a away, take the ſaid Liquor ſo ſtrained out, and let it boyl tel the Vinegar be waſted, and utterly evaporated, in the boyling you muſt contiually

ſtir

ſtir it without ceaſing, leſt the Gums be burned, keep this very clean and covered, that nothing fal into it, then take Oyl Olive two pound, new Wax half a pound, and let them be put into an earthen pot, wel leaded or glaſſed of a ſufficient bigneſs, ſet the ſame on a fire of coals, and let them melt at leiſure: at the length put into it a pound & half of Lithargie beaten into very fine powder; ſtirring it continually with a ſtick or ſpatula by little and little, until it be throughly mixt together, & the matter be a tawny colour; afterward take the aforeſaid gums, that were firſt boyled, and put the quantity of a Nut into the ſaid matter, and ſo by little and little at ſeveral times, put into it ſuch like quantity of the gums at each time, til the gums be al put in, and mixt wel with the other things, and melted. And you muſt take heed withal, leſt the matter be overmuch heated, and boyl over and run into the fire, for it is very hot of it ſelfe, afterwards put in the things following into it, of the two kindes of Ariſtolochia rotunda, Calaminaris, Myrrhe and Frankincenſe, of each one dram, beat them into fine pow-

der, that are to be made into powder, and put them into the ſaid matter, and pour upon it one dram of Oyl of Bays, and put therein laſtly four drams of white Turpentine, boyl them and ſtir them about continually, with careful diligence,& vvhen you vvil know vvhether it be ſufficiently ſodden, put a little thereof into cold vvater, and if it be not ſo *ſoft* that it cleave to your fingers, it is vvel, otherwiſe it muſt boyl longer, then take it from the fire, and pour it into a Baſon ful of water, and when it is wel cooled that you may handle it, anoynt your hand with Oyl of Cammomil or Roſes, and knead it wel three or four hours, & ſo lay it up in a cleanſed veſſel, it wil laſt above fifty yeares, and be then as good as at the firſt day it was made.

The virtues of the Emplaiſter out of Paracelſus.

It is good for old or new ſores, it dryeth; cleanſeth, and breedeth good fleſh, it confirmeth and comforteth, it healeth more in a week then any other in a month, it wil not ſuffer any ſore to putrefie or corrupt, or any dead or evil fleſh to grow; for ſinews cut, bruiſed

or

or pricked with a Thorn or otherwiſe, it is moſt excellent; it draweth out of Wounds, Iron, Wood or *Lead*, and other the biting of venemons Beaſts; it cauſeth all kinde of Impoſtumes or Biles to ripen, if it be laid thereon, and it is moſt excellent againſt the Canker and Fiſtula, the Shingles or *Saint* Anthonies fire? and alſo a ſoveraign, and ſpeedy help againſt al paints, to aſſwage all aches, and for all kinde of Wounds; alſo *I Thomas Potter* have found often experience, it is a ſingular and ſpecial help for bones out of joynt, by laying one or two plaiſters, or three at the moſt; *I* have healed in fourteen dayes, Arms out of joynt, ſo that thoſe parties have ſaid they have had no pain nor weaknes after; Alſo for thruſts you muſt not tent them, unleſſe they matter before you come to them, but only lay of this over it, and two plaiſters is commonly ſufficient to heal it, or any other ſore, or ſwelling; but if dead fleſh be in a ſore, before this plaiſter be laid on, it will not deſtroy it, but it muſt be pluckt out, but if it finde none, it will ſuffern one to breed; When you lay up this plaiſter, put it in oyled paper or

oyled Leather, or both, it will keep it the better for over much drying, and you must lay it out of the Sun and Winde.

For the biting of a mad Dog or stinging of an Adder.

Take a handful or more of Hazle-Nuts, a quarter as much of Rue, with a clove of Garlick, stamp all these together, then take the juyce, and put a little Treacle to it, and if it be a man that is stung, or bitten, give it him to drink in Beer or Wine or Ale; but if a Dog, give it in Milke; then take that from whence the juyce came, and bind it to the place which was bit or stung.

For the biting of a Snake.

Stamp Garlick and lay it to the place that is bitten.

Dr. Lukener, *For one stung with wasps.*

Make a little plaister of Treacle, and lay upon the place that is so stung, and it will help it.

An

An Oyntment for a great or hard Belly by Ague, Wormes, or Spleen.

Take the fineſt common Wormwood, Garden Tanſey, Featherfew, Lavender, Cotten, *S*outhernwood, unſet *L*eeks blades and al, Pearch Leaves, Herbgrace, of each one little handful, waſh them and dry them, then take a good pound of Barrows greaſe, and ſtamp al in a wooden diſh, then ſet them eight or nine dayes in a Celar, or low place til they have a hoar al over them, then break them altogether, and put them in an earthen pot, and ſet them on a ſoft fire, and let them boyl a good hour, then ſtrain them through a clean cloth into a galy pot or glaſſe, and ſo keep it for a precious Oyntment, it wil laſt a year wel; when you uſe it, you muſt vvarm it, and anoint the belly of the Patient morning and evening. Proved by Miſtreſs *Joyce*, Widow.

The

The old Lady of Oxfords *Oyl of Excester which is good for all manner of cold Gowts, Sciatica, and all manner of aches in the flesh and bones, and also for bruises. Proved.*

Take one pound of Cowslip flowers, picked out of their cases, gathered in *April* on a faire day when the dew is gone, and souse them in Oyl Olive, so much as wil cover them, let them lie in it till *June* in a glasse, then take Calamint, hearb John Sage, Agrimony, Southernwood, Pelitory of Spain, Rose mary, Wormwood pennyroyal, Lavender, Cammomil, Hirse, Lawrel leaves flower of Lillies, Pellitory and Fetherfew, the tendernesse of the Ivie and broom flowers, of each one little handfull, stampt hem altogether well, and then infuse them in white Wine, so that they may be covered all over therein, so let them remain fourteen houres or fifteen, then put them tin Oyl Olive, so that the lipuor may near swim, so boyl it together upon a soft fire, and stir it well till the rawnesse and wetnesse of the Oyl be gone, then strain it through a

a Canvas cloth into a pewter diſh, or glaſſe, for earth or wood will not hold it, and uſe it for a ſingular good Oyntment, and above all other approved, if there be any peices in the paine which the ſaid Oyl is boyled in it will run out, after the hearbs are once hot it muſt be continually ſtirred on a very little fire, no more than any Egge will abide without breaking.

To make a Searcloth againſt ſwelling and aches, approved.

Take Bloom-flowers two little handful, red Bramble leaves one little handful, (this Bramble beareth but three leaves together, and groweth low on the ground, take it off one the middle leafe a peice of unwaſhed Butter, and pound the Herbs aforeſaid with two or three Cloves, and then boyl them in Butter, and ſtrain it, and take a peice thereof, with a little peice of wax, and being melted together, make a Searcloth with it. Alſo take Oyl of Broom, Bramble and Butter, and temper with a little Aqua vitæ, it is good againſt aches, to be uſed & rubbed on the aches in the morning, but not at night.

The

The Lady Leonards *green Oyntment.*

Take red *Sage* leaves & *Rue* of each one pound, the youngeſt Bay leaves and WormWood of each halfe a pound, gather theſe in the heart of the day, pick them, waſh them not, cut them ſmall, and beat them long in a faire *Mortar*, then take half a pound of Sheeps ſuet hot from the *Sheep*, mince it ſmall and put it to the hearbs, beat it ogether till it it all of one colour, then put all into a clean bowl, put to it a pottle of the beſt Oyl Olive, work al theſe wel until al become a like ſoft, then put it into an earthen pot well ſtopt for eight days then with a ſoft fire ſeeth it in a faire pan, put to it four drams of Oyle of Spike, when it is halfe ſodden; being ſodden ſtrain it through a clean Canvas into clean gally pots ſtopt cloſe with Parchment and double Sheeps leather, anoynt the place grived there with, ruling it very day before you leave it, if you put a clean warm cloath, after you have anoynted the place thereon it is better: this is made only in May, and wil laſt many years being cloſe ſtopt, and cool keep.

The

The Lady Smiths *remedy to bring a young Childe when it is born.*

Take a little Coventry blew thred, burn it and hold it to the Childs Nose, that the smoak may go up.

To bring away the After burden although a day or two after the Delivery.

Take a Rie and crede it as you doe wheat for Furmity, and make a Cawdle of it, so let her drink a good draught once or twice. This is proved.

For one bound in body; though a Woman with Childe.

Take a pinte of white Wine, a quarter of a pinte of Damask Rose-water twenty Damask prunes, forty Raysins of the Sun stoned, a little whole Mace, and a few Aniseeds tyed in a cloath let all these boyl leisurely together, and put thereto either Sugarcandy or fine Sugar, and when it is boyled to a Syrup, take out a little of it, and strain through a fine cloth with a little Manna, and put into the Syrup, and let it simper together

ther a good while, then put it into a glaſſe, it will keep good a good while, as halfe a year, and when you have occaſion to uſe it, you muſt take one of the ſaid Prunes and two or three Rayſins, and eat them in the morning faſting, and take a ſpoonful alſo of the ſaid ſyrup faſting, two or three hours after the ſame.

Dr. Atkinſons *Clyſter for Winde.*

Take Cammomil; Mallowes, Violet leaves, Bert leaves Bean and French Barley one little handful, of Fennelſeed and Anniſeed each two ſpoonfuls, boyl all theſe together with a Rack of Mutton, till the fleſh be very tender; then take a pint of the fatteſt Liquor ſtrained and put into it two drams of the Oyl of Rue, or Oyl of Cammomil, and for want there of a little diſh Butter melted two drams of courſe Sugar, and one or two yolks of Egges

To bring away a dead Child or Afterburden.

Take Saffron Mace and Cinamon, beat them to powder, and ſearce them and

and take of the powder a juſt quantity, give as much as wil lye upon the point of a knife, in Ale, Beer; or one ſpoonful of what they beſt like.

A gentle Purge which taketh away a Tertian Ague being given the fourth Fit. Proved.

Take a dram of Rhubarb, and infuſe it in Succory water ſix ſpoonfuls, three hours together on a very gentle fire, then ſtrain it, and put it in half a dram of ſyrup of Rhubarb, three ſpoonfuls of ſyrup of Roſes, and a ſpoonful of Cinamon water, take this faſting after the 4*th*. fit when they are not ſick; if this be too vveak to purge a ſtrong body, add thereunto two or three drams of the leaves of Sena, with a few Fennil ſeed to quicken it more, if it be alwayes made with this addition, it is the better.

The Lady Gorings *water for an Ague, ſickneſs or foulneſs in the ſtomach, and to purge the blood.*

Take the Dung of a ſtone-Hoſe that is kept in the ſtable when it is new made, mingle it wel with Beer and a little Ginger,

Ginger, and a good quantity of Treacle, and diſtil it in an ordinary ſtil; Give of this a pretty draught to drink.

The Lady Gorings *remedy for a burn or ſcald.*

Take Hoggs fat or ſeam made of it, melt it, but let it not boyl, put into it the white of a new laid Egge or two, wel beaten, and ſtir it continually on Embers, til it be like an Oyntment, keep it for your uſe, anointing the ſore twice a day with it,

The Lady Gorings *remedy for a ſharp Urine.*

Boyl running water with Liquoriſh til it be ſomething ſtrong of it, boyl alſo in it a Pippin or two, when it is boyled, put in alſo ſome brown Sugarcandy drink of it every morning faſting a pretty draught.

For Deafneſs. Proved.

Take Linſeed Oyl and Aqua vitæ, ſhake them together in a glaſſe bottle, and ſet it in the ſuna month or 5 week ſhake

ſhake it wel every day, and when you uſe it, put a little into the ear, & ſtop it with a little black Wool.

An approved Receipt to ſtop bleeding at the Noſe, Wound or Cut in Man or Beaſt.

Take the flaxe of a Hare, the Moſſe of an Aſh tree, and powder of Bole armonick, chop them together, and wet them a little with fair water, and put it into the Noſthril that bleeds, and ſtir it not in twenty four hours; if it be of a cut or wound, look firſt if there be not little pieces of looſe fleſh or skin that hangs; if there be, clip it away, or elſe the blood wil not ſtay, then lay the aforeſaid Medicine to it, and ſtir it not in twenty four hours.

The Lady Nevils *Remedy for the Stone.*

Take the hearb Aurea, or Gold wire, dry it and keep it al the year, and every ful of the Moon; take a ſpoonful of the powder in ſix ſpoonfuls of Milk, and water, and one of white Wine, or you may take it in Plantaine water, or Vervin water, or any that is good for the

the Stone, it is alſo good to take it in the fit.

The Lady Mildmayes *drink for Cough or Cold.*

Take of Liquoriſh ſcraped and ſliced, of Anniſeeds rubd and bruiſed, of Rayſins of the Sun ſtoned, of Figs ſliced, of Hyſop tops, of each one little handful, and a great handful of Coltsfoot, boyl all theſe in a gallon of running water, until two or three parts be conſumed, then ſtrain it, and ſtir it in three or four good ſpoonfuls of Honey, take this in the morning faſting, at four a clock in the afternoon, and when you go to bed four ſpoonfuls at a time warm.

Mr: Chaunce *his Receipt for the Spleen, and Melancholy, the Preparative.*

Take of the roots of Parſley, Fennil, Bruſcus, Sparagus, of each four ounces, the ſeeds of Fennil, Aniſe and Caraway of each a dram and halfe, of the Bark of Capers, and Tamarisk of each an ounce and half, of the leaves of Mugwort, Borage, Bugloſs, of each one little handful,

to

of Cetrach and Dictamum each one little handful, boyl al theſe things in three pints of Conduit water, til halfe thereof be conſumed, then ſtrain it, and put to it ſyrup of Harts tongue, and ſyrup of Succory, and Rhubarb in powder or ſliced each four ounces, then let it ſtand al night, and the next day clarifie it, and after put to it the ſpices of Læ tificans Galeni, and Diamuſcum Dulce, each two ſcruples, take of this in the morning faſting ſix ouncas, & as much an hour before ſupper, take it thus two dayes together, then take the purge following.

Mr: Chaunce *his Purge.*

Take of Sena three drams, of Epithymum and Polypody of the Oak each two drams, of Fennil, Aniſe, and Caraway ſeeds, each a dram & a half, Cardus ſeed two ſcruples, boyl them all in a ſufficient quantity of Conduit water until it come to three ounces, then put to it of Rhubarb a Dram. and halfe infuſed in *S*uccory water, of the ſyrup of Auguſtanus, and ſyrup of Harts tongue each one ounce, to make a potion,

tion, and take it three times, every third day take one of theſe, and take it at night when you go to bed, of Dioſcordium two ſcruples, of Alkermes diſſolved in Borage water one dram.

Mr: Powel *for the Stone and Colick.*

Take the quantity of half an hazle Nut kernel & Mithridate, and ſo much black Sope, and mixe them together, and take a broad Onyon, and cut off the top, and make it ſomewhat hollow, and put the black Sope and Mithridate in it, and cover it with the piece you cut off, wrap it in paper, and roaſt it in Embers until it be very ſoft, then put it between two Linnen cloaths warm, and lay to the Navil, & pin the cloaths upon the back, ſo uſe it til you find eaſe.

Mr: Rowland Haughtons *Receipt for the cure of the Stone.*

Take Arſemart otherwiſe called red Shanke, and diſtil it, and take it in the Evening when you are warm in bed, to the quantity of halfe a pinte, and the like in the morning a little before you riſe,

rise, about some four times, then take Barberries, and take the outside rinde of them, and beat them into very fine powder, and take every morning and evening, and drink either a draught of the said water, or smal beer after it, continue this and it wil cure you.

For an Ague congealed or fallen into a Womans Breast.

Take a quantity of stone Honey, and the rustiest Bacon you can get, Smalage, Alexander, red Cole, Marygolds with black seeds of Groundsel, Plantain and Sage, of each a quantity, put al these in a Mortar, & stamp them as smal as you can, then lay the salve upon a peice of white Leather, and to the place where you would have the Breast break; the plaister must be spread upon the rough side of the Leather.

An approved Medecine by the Lady Bray *for the Ague falling into any part of the Body.*

Take of Parsley one little handful, Smallage and Hemlock, of each as much, chop them smal. then stamp them and put

put thereto a quantity of Barrows greaſe, & ſtamp them al together, then boyl them a good ſpace, ſtirring it continually until it wax green, then ſtrain it, and when you uſe thereof take ſome in a Sawcer, and anoynt the place with a feather againſt the fire.

The Lady Arundels *especial Remedy for the Stone, Back, or Stomach, or to make a Woman Conceive.*

Take the roots of Sea-holly (it groweth by the Sea-ſide, like little trees of half a yard long, ſome name them Eringoes) and make it in ſyrup, and eat of it in the morning faſting, and at four a clock in the afternoon, and before you take it, take ſome gentle pils, but once in the beginning.

The Lady Dacres *Medicine proved, for the Stone and Stangury.*

Take black Bramble-berries when they be red, Ivie-berries, the inner pith of Aſhen keyes, Eglantine-berries, the Nut keyes, the roots of Filipendula, of all theſe a little, Acrons and the ſtones of

of *Sloes*, of each a like quantity, but not ſo much of either of theſe as half of any of the other, dry al theſe in platters in an Oven, til they wil be beaten to powder, then take Cromel ſeed, Aniſeed, Saxifrage, Alexanders, Parſley, Corianders, Fennil ſeeds, the ſeeds of each of theſe, the like quantity of the firſt, and dryed in like ſort, then beat al together in the like ſort to fine powder, then take *Liquoris* fair ſcraped the beſt you can get, as much in quantity as al theſe, and beat it fine, & mingle it with the powder, & keep it cloſe from the wind, and ſo uſe it morning and evening with poſſet Ale, with Tyme of the Mount boyled in it, make your poſſet drink with white Wine, or other drink, and when you eat any pottage or other broth, put ſome of the powder in it if you be ſore pained, and if you have any Stone, it wil come away in ſhivers, and if it do ſo when you drink, your water is clear, take this drink following, and it wil leave no corruption or uncleanneſſe in the Bladder.

The Drink.

Take Roſemary and Wild Tyme, and ſeeth them in running water with as much ſugar as wil make it ſweet, boyl it from a quart to a pinte, uſe the quantity of the Hearbs to your diſcretion, ſo that it may ſavour of them wel, and uſe it nine mornings, ſix or ſeven ſpoonfuls at a time.

Mr: Eldertons Medicine for the extremity of the Colick and Stone.

Take Aſhen Keys and dry them in an Oven, take out the Kernels from the husks, beat them into powder & ſearſe them fine, and keep it; then take Eglantine berries, dry and beat them as the other, then take of them with a feather, then ſearſe it as above, take Houſeleek, dry and ſearſe it as the other, take a little quantity of the three powders, and put them together, take Aniſeeds and Liquoriſh of each a little quantity, dry them ſeveraſly and powder them, being fine ſearſed, put them with the other three powders, a little quantitie

of

of both, and take a ſpoonful of theſe powders or leſs, and mingle al together, and put into it 3 or 4 ſpoonfuls of white VVine or Ale, and drink it in the morning, faſting one hour after it: thus drink it once in ſix dayes, or elſe when you are grieved, and you ſhal never find pain of the colick nor ſtone. The ſeed of great Nettles muſt be beaten to powder, and mixt with them, and it wil be better.

For a Pin or Web in the Eye far gone.

Take the Marrow of a Gooſe-wing, and mingle the powder of Ginger therewith, dreſſe the Eye therewith two or three times a day.

A Medicine for the Eyes aking, or redneſs thereof.

Take a Vial glaſſe and fil it ful of fair running water, and put into it fine *Sanguis Draconis*, the quantity of a HazleNut, it vvil help the Eye.

For ſore Eyes that come from hot humors.

Take Elder leaves, and chafe between your hands, and lay it to the nape of the neck.

For the Pin and Web in the Eye, ſo it be taken before the ſight be quite extinct.

Take a little handful of three leaved graſs, that hath the ſign of the Moon in it, as much roots and leaves of Daſies, and ſeven or eight corns of Bayſalt, beat al theſe together, then ſtraine them, through a cloth and take two new laid Egges, and beat the whites of them a good while, then ſet them ſtand a quarter of an hour, and then take off the froth clean, and take the clear of the whites, as much as the quantity of the juyce of the ſaid Hearbs, then take the quantity of two Hazle Nuts, of Engliſh Honey, and ſtir them together, then let the party be laid upright, & drop three drops with a feather into the Eye, and lie ſtil a good while after, this muſt be uſed at the leaſt twice a day.

For

For red Eyes, Pearl, Pin or Web.

Take Verjuice that is made of Grapes and put it morning and evening into the ſore Eyes; ſome wil put a little ſalt with it.

An excellent remedy for Heat and Pimples in the Face.

Take of Plantain Leaves four little handfuls, and of Mallows or Tanſey one little, of Cinquefoil half a little handful, and as much of Strawberry Leaves, there muſt be this quantity of every ſort; when they are pickt clean then take a pottle of new Milk hot from the Cow, and put it in a ſtil vvith the ſame hearbs until it be dropped a quart, then let it drop no more; you may keep it a vvhole year in a glaſſe; vvhen you uſe it wet a cloth in ſome of it, and vvaſh your face at night to bed, and often in the day; the beſt time to ſtil it is in *May*.

For Heat or Scurf in the Face.

Take a pinte of Cream as thick as

can be ſcummed, then take of Camomile one little handful, pick, waſh, and ſhred it very ſmal, then put it into the Cream, and let it boyl very ſoftly til it come to an Oyl, never ſtirring it after the putting in the hearbs at firſt, but ſcum it clean when you ſee the Oyle come to the top, then let it boyl a little faſter, and then ſtrain it through a fine Linnen cloth, and then anoint the Face therewith.

A very good Medicine for a Tetter.

Take red Dock roots, waſh them, ſcrape them, & cut them into ſlices, and lay them in white VVine Vinegar, a night or a day, and then uſe it to the place grieved, waſhing the place with the root, and the liquor many times.

To skin the rawneſs of a Womans Nipple.

Take a Deers foot, and take the marrow therof, and anoint the Nipple therwith oftentimes.

To dry up Milk in a Woman breaſt.

Take a quantity of Aqua vitæ, and a uan-

quantity of ſweet Butter, melt and temper them together, and anoint the Breſt therewith, laying a brown paper betwixt them, and ſo do as often as the paper dryeth, til the Milk be dryed up; this is alſo good to keep the Ague out of the Breſt.

To make a Woman have a Nipple that hath none, and would give ſuck.

Take a VVicker bottle that hath a little mouth, and fil it ful of hot Water, and ſtop it cloſe til the bottle be through hot, then let out the water, and ſet the mouth of the bottle cloſe to the Nipple, as long as there is any heat in the bottle it wil cleave faſt.

To heal the Nipple of a Womans Breaſt.

Take a quantity of Cream and put it into the juyce of Valerian ſtamped and ſtreined, & as much of the juyce of Sea green uſed in like ſort, boyl al theſe together til it come to be as butter, then take it and put it into a box, and anoynt the Nipple therewith three or four times a day, and lay a Walnut ſhel,

er ſome other hollow thing over it to keep the cloaths from it til it be whole, or elſe make a poſſet Ale, of Alom and lay the curd to the Nipple warm, til the child doth ſuck, and then lay on again.

A Medicine for Worms in young Children.

Take a plaiſter of white Leather or brown paper, and ſpread it with Honey. warm it a little againſt the fire, but firſt ſtrew ſome of the beſt Aloes Succotrinæ thereon, then lay it al over the Stomach of the childe warm; the like plaiſter is to be laid on the childes Navil at the ſame time; if you have no Honey mix the juyce of Plantain, and lay it on the Leather.

Dr: Forſters *Infuſion purging Choler.*

Take Damask Roſes two ounces, of Rhubarb two drams and a halfe, of Spikenard one ſcruple, of Orcin one ſcruple, cut al ſmal, & infuſe in a quart of clarified whey al night in the morning ſtrain gently, & put to it one ounce of ſyrup of Roſes, or Syrup of Violets.

Dr:

Dr: Foſters Infuſion purging Melancholy.

Take Fumitory, Epithymum, flowers or leaves of Borage, & Bugloſs, of each a good half handful, Polypody of the oake one ounce, Sena half an ounce, Fennil ſeed two drams, Whey three pints, infuſe and boyl to a quart, whereunto add two ounces of ſyrup of Roſes ſolutive; the doſe is half a pound, you may quicken a draught with a dram of Electuary of Roſes.

An opening purging Julip and cooling for Choler amd hot humors.

Take of Barley two little handfuls, of Savory with the roots, Maydenhair, Liverwort, Sorrel, each half a good handful, of Roots of Graſs, of Fennil, each half an ounce, of the four cold ſeeds each two drams, boyl them a ſufficient quantity of Succory water unto ſixteen ounces, in which infuſe half an ounce of Sena Tamarindes and Polypody of each three drams, Jalap and Hermodactils of each two drams, Fennil ſeed, Aniſeed, and Liquoriſh, of

each one dram, Currants bruised half an ounce, of Borage, Bugloss, and Rosemary flowers, of each one dram, infuse these warm, then boyl them until five ounces of the Succory water be consumed, then strain it and adde the expression of four scruples of Rhubarb infused in three ounces of Manna and syrup of Roses one ounce, of the Christals of Tartar one dram, mingle them; the Dose is four or five ounces every morning.

Dr. Mores Powder or glossely prepard dreg to be taken in mornings, and after meals to mend Concoction, comfort the Brain, break Wind, and make sweet Breath.

Take Liquorish cut smal, Aniseed comfits with one skin of Sugar, of each two ounces, sweet Fennil seed Comfits with one skin of sugar, Corianders prepared and Caroway seed of each one ounce, of white Ginger, Cinamon, Calamus Aromaticus, and Nutmegs, of each one ounce cut very smal, of the lozenges of Aromaticum Rosatum, of Manus Christies, with Chymica loyl of Cinamon, Cloves, and Lozenges of Di-

am-

ambra cut into ſmall peices, each halfe an ounce, to be taken about a ſpoonful at the times aforeſaid.

Lucatellos *Balſam admirable for all Wounds.*

Take Venice Turpentine one pound, Oyl Olive three pints, *Sack* ſix ſpoonfuls, yellow waxe one pound, natural balſam halfe an ounce, Oyl of *Saint* Johns wort, red Sanders powdered of each one ounce, waſh the Venice Turrentin three times in red Roſe water; then ſlice the Waxe thin, and ſet it on the fire in a bigge skillet, and when it is well molten, put the Turpentine to it, and ſtir them wel together til they boyl a little, take it off the fire, and let it cool til the next day, then cut it into thick ſlices, and pour al the water out of it, then ſet it on the fire again, and when it is molten ſtir it well, and put it into the aforeſaid Oyls, *Sack* Balſam and *Sanders*, and ſtir them wel together that they may incorporate, then let it boyl again for a ſhort ſpace, take it off the fire and ſtir it well for the ſpace of two hours that it may become thick,

thick, and when it is cold put it up in ſeveral Galley pots, and when you uſe it apply it tented into a deep and hollow wound, if it be onely a ſlit cut, anoynt the wound with it, and binde it faſt on with the cloth.

A Purge by Dr. Mayhern.

Take of the beſt *Sena* ſix drams, of Rhubarb two drams, Cream of Tarter half a dram, of ſweet Fennil ſeed as much, and a little Cinnamon, infuſe all theſe one night in halfe a pinte of white wine, in the morning let it boyl one walm or two, ſtrain it and put in of the beſt Manna an ounce, diſſolve it over the fire, then ſtrain it again, then put to it an ounce of *Salatine* ſyrup of Roſes, to drink it, faſt two hours after from meat and drink and ſleep, and then drink nothing but thin broth.

An approved Medicine to beautifie the face or to take away pimples or heat in the Face.

Take a fair earthen pipkin, and put into it a pottle of clean running water, and an ounce of white Mercury beaten to

to white powder, then set it on the fire and let it boyl until one halfe be consumed, and keep it close covered saving when you stir it then take the whites of six new laid Egges beaten halfe an hour or more, and put it into the liquor, after it is taken from the fire you must put in also the juyce of Lemons, being very good and halfe a pint of new Milk, and a quarter of a pound of bitter Almons blanched and beaten with halfe a pint of Damask Rose water; strain al these together through a strainer, and let it stand three weeks before you use it, and I wil warrant you fair &c.

An excellent water for the Eyes that are red or full of Rheume.

Take young Hazel Nuts when they are so soft, that you may thrust a pin through them, still them in a Rose Still, husks, shels and all and with the water wash your eyes

To cure any Wound though the Patient be never so far off.

Take a quart of pure Spring water and put it into some Roman Virtiol and

and let it diſſolve, then if you have any blood of the wound either in linnen or woollen, or ſilk, put the cloth ſo blooded in the water and rub the cloth once a day, and if the wound be not mortal the blood wil out, if it be it wil not. Let the Patient keep his wound clean, waſhing it with white wine; when ever you waſh the cloth, the party wounded ſhall ſenſibly finde eaſe: let the cloth be conſtantly in the water

To make Oyl of Swallows.

Take Swallows as many as you can get ten or twelve at the leaſt, and put them quick into a Morter, and put to them Lavender Cotten, Spike, Camomil, Knotgraſſe, Ribwort, Balm, Valerian Roſemary tops, Woodbine tops, ſtrings of Vines, French Mallows, the tops of Alehoof, Strawberry ſtrings, Tutſane, Plantain, walnut leaves, tops of young Bayes, Hyſop, Violet, leaves, Sage of vertue, fine Roman Wormood, Brooklime, Smalage, Mother of Tyme, of each of theſe a handful, two of Camomil, and two of red Roſes beat all theſe together, and put thereto a quart of Neats-

Neatsfoot Oyl, or *May* butter, ſtamp them al together, and beat them with one or two ounces of Cloves, and put them al together in an earthen pot ſtop it very cloſe with a peece of dough round about, ſo cloſe that no ayre can come out, ſet them nine days in a cellar, and then take them out, and boyl them ſix or eight hours on the fire, or elſe in a pan of water; but firſt open your pot, and put in half a pound of Wax, white or yellow whether you wil, and a pinte of Sallet Oyl, and ſtrain them through a canvas cloth.

To make Lead *Plaiſter.*

Take two pound and four ounces of the beſt and greeneſt Sallet Oyl with a pound of good red Lead, and a pound of white Lead, beat them wel into duſt then take twelve ounces of Caſtle-Sope, incorporate al theſe wel together in a wel glaſſed and great earthen pot, that the ſope may come upwards, ſet it on a ſmal fire of coals the ſpace of one hour and a half, alwayes ſtirring it with an iron bal or round pommil: the make your fire ſomewhat bigger until it

it be the colour of Oyl, then drop a little on the board, and if it cleave neither to your finger nor the board then it is enough, then take the clothes and make them into what breadth or ſize you pleaſe in Searcloth, let not your cloth be courſe, but of a reaſonable new Holland and when you have dipped them, then rub them with a Slickſtone it wil laſt two years, and the elder the better as long as it will ſtick it is good.

The vertues of the Leaden Plaiſter.

1. If it be laid to the Stomach, it provoketh appetite, and taketh away any grief in the ſame.

2. If laid to the belly, it is a preſent remedy for the Ach.

3. If laid to the Reins of the Back, it cureth and healeth the Bloody Flux, the running of the Reins, heat in the Liver, or weakneſs of the Back.

4. It healeth al bruiſes and ſwelings, it taketh away Aches, it breaketh Fellons, Puſhes, and other Impoſthumes, and healeth them.

5. It draweth out any running humor with out braking of the skin, and being applied to the Fundament, it healeth

health any diſeaſe there growing.

6. The ſame laid to the head is good for the eyes.

7. The ſame laid to the belly of a Woman, provoketh the tearmes, & maketh apt for Conception.

For the Stone and Gravel.

Take and dry the roots of red Nettles, make them into powder, & drink a ſpoonful of the powder in a draught of white VViñe ſomething warm, and it wil break the Stone though it be never ſo great with ſpeed, uſe it every day until the Stone and gravel be al broken and conſumed: A thing of ſmal price and great vertue.

A drink to purge the body, being very good for them that have the Scurvy, or are inclined to it.

Take a pottle of fine running water, and a pinte of Rhenish Wine for a young body, and for any elder take a quart, ſet it on the fire, put into it three or four ſlices of Horſe Radiſh, a great handful of Water Creſſes, and a handful

ful of Brooklime, both a little bruiſed, ſlice in two or three Oranges, outſides and inſides, let them boyl al together better then half an hour, then have ready a greater quantity of *Scurvygraſs* bruiſed, or a pinte of the juyce of Scurvy graſs ready ſtrained, and put into the liquor, and ſet over the fire again, then there wil ariſe a curd, which being taken off put into the drink when it is cold, three or four Lemons more, or leſs as beſt pleaſeth the taſte, ſweeten it with ſugar, and drink a Wine draught in the morning, and at four a clock in the afternoon, and then vvalk and uſe ſome exerciſe after after it. The party that hath the Scurvy, and whoſe Leggs are much ſwelled, may put into the drink ſome Juniper berries bruiſed, half an ounce or thereabouts.

Dr: Bates *his Medicine againſt a Conſumption.*

Take Liverwort two handful, *Succory* ſix, Endiffe, Borage, Colts foot of each ſix handfuls, ſhred theſe finely, put them in a Gallon of new Milk, let them ſteep al night, in the morning di-

distil them in a Glasse Stil, then take three spoonfuls of red Rosewater, three spoonfuls of this water; with halfe a pinte of red Cowes Milk, and as much Sugar of Rose as wil sweeten it.

To make Gascony Powder.

Take the black tips of Crabs Claws, gotten when the Sun is in *Cancer*, pick out from within them al the Fish, beat them to as fine a powder as you can, then searse it through a very fine searse, take an ounce of this powder, and put to it hal f an ounce of the Majestical of Pearl, and as much of the Majestical of Coral, mixe them wel together, then put a little Rosewater in a glass, in which you must hang a little Saffron in a bag, & a little Musk & Ambergreese in another, let them hang in Rose water two or three dayes, til the vertue of them be gone into the water, then put your powder either into a silver porringer, or a white earthen one, and put as much of the Rose water as wil moisten your powder, then dry it in the porringer by a gentle fire, and so wet your powder three or four times, and

as

as often dry it, after this make a Gely as followeth.

Take a Viper alive in *May* or *June*, cut off his head and tayl, above the Navil pul off his skin, and vvith a clean cloth rub it dry, and ſo you may hang them up and take two of thoſe skins and ſlice them ſmal with a little *Harts*-horn; and make a Gely of them, you need not make much, then vvhen your powder is dry wet it three or four times vvith this gely, and as often dry it, and at laſt put no more *Gelly* then vvil moiſten the povvder, then make it up in *bals* as big and as little as you pleaſe, and dry them in a ſtove; and ſo keep them al the year.

Take of this Powder twelve or fourteen grains either dry, or in a ſpoonful of ſmal beer in vvhich there is a little ſyrup of *Clove-gillyflowers*.

Certain Plaiſters, and their uſes.

1. *Emplaſt: Deminum* two pound; It is good for al kind of bruiſes, or boyls, or old ſoars *&c.*

2. *Emplaſt: Mellilot* tvvo pound; it is good for al ſorts of green Wounds or brui-

bruiſes or ſwellings, or to breed fleſh being wanting.

3. *Diapalma* two pound, it is a very fine drying Plaiſter, and a good defenſive to defend wounds from Inflammation, *&c.*

4. *Oxicroceum* four ounces, it is an extraordinary good warming Plaiſter for broken bones or any cold cauſe, *&c.*

Certain Oyntments, and their uſe.

1. *Unguentum Dialthea* one halfe pound, it is good to aſſwage pain, diſſolve ſwellings or hardneſs.

2 *Unguentum Populion* it is a great cooling Oyntment for fire, or any great inflammation, or any burning.

3. *Unguentum Album* ſix ounces, a fine cooling skining Oyntment to mix with others, *&c.*

4. *Unguentum Nervinum* four ounces it is good for al cold cauſes of the Sinews or Joynts.

5. *Unguentum tutiæ* two ounces, good for watring ſore eyes.

6. *Unguentum Baſilicon* ſeven ounces, good

good to fil hollow Ulcers with fleſh, and apply plaiſter on the top of it.

7. *Balſam* two ounces good for al ſorts of green wounds being put in warm.

A Receipt of the Oyl of Johnſwort.

Take a quart of the beſt white Wine, infuſe therein pickt flowers of Saint Johnſwort, then ſtow thoſe flowers very dry, and put in more into the ſame Wine, infuſe them again, ſo long that the VVine be very ſtrong and red coloured with the Saint Johnſwort, then ſtraine out the VVine clear from the flowers, put thereto a pinte of the beſt Sallet Oyl, a quarter of an ounce of Cinamon bruiſed, a quarter of Cloves bruiſed, one race of very good Ginger ſliced, one good handful of the yellow flowers of Saint Johnſwort pickt very clean, boyl al theſe on a very ſoft fire, til the VVine be al evaporated, when it is almoſt boyled put in one good ſpoon ful of pure Oyl of Turpentine, let that boyl in it a little; ſo keep it for your uſe, the elder the better.

A Receipt for an extraordinary wasting of the Back, and for the Stone, and Shrangary used by Justice Hutton.

Take Plantain and Ribwort, distil them in an ordinary Rose stil, vvhen you have occasion to use it, take Pippins and roast them, and take away the skin and coare, and put them into the water, making thereof a lambswool as thick as you please, sweeten it with some Loaf sugar, the sweeter the better, take thereof halfe a pinte when you goe to bed, and this doe nine or ten nights together, especially when you feel an heat in the back.

FINIS.

For the Teeth.

If you wil keep your Teeth from rotting or aking, waſh the mouth continually every morning with juyce of Lemons, and afterward rub your teeth vvith a Sage leafe, and vvaſh your teeth after meat with fair water.

To cure the Tooth-ach.

1 Take Maſtick and chew it in your mouth til its ſoft as Wax, then ſtop your teeth with it, if hollow there remaining til its conſumed, and it wil certainly cure you.

2 The tooth of a dead man carried about a man preſently ſuppreſſes the pains of the Teeth.

FINIS,

2.

A Queens Delight:

OR,

The ART

OF

Preſerving, *Conſerving*, and *Candying*;

AS ALSO,

A right knowledge of making *Perfumes* and *Diſtilling* the moſt *Excellent Waters.*

Never before Publiſhed.

Printed for *Nathaniel Brook*, at the *Angel* in *Cornhill*, 1656.

A Queens Delight:

OF

Conſerves and Preſerves, Candying, and Diſtilling Waters.

To preſerve white Pear-plums, or green.

TAke the Plums, and cut the ſtalke off, and wipe them, then take the juſt weight of them in Sugar, then put them in a skillet of water and let them ſtand in and ſcald, being cloſe covered till they be tender, they muſt not ſeethe, when they be ſoft lay them in a diſh, and cover them with a cloth, and ſtew ſome of

the Sugar in the Glaſſe bottome, and put in the Plums ſtrewing the Sugar over til all be in, then let them ſtand all night, the next day put them in a pan, and let them boyl apace, keeping them clean ſcummed, and when your plums look clear, your ſyrup will gelly, and they are enough. If your plums be ripe, peel off the skins before you put them in the glaſſe; they will be the better and clearer a great deal to dry, if you will take the plums white; if green, do them with the Rynes on.

To preſerve Grapes.

Take the Grapes when they be almoſt through-ripe, and cut the ſtalks off, and ſtone them in the ſide, and as faſt as you can ſtone them ſtrew Sugar on them; you muſt take to every pound of Grapes three quarters of a pound of Sugar, then take ſome of the ſowre Grapes, and wring the juyce of them, and put to every pound of Grapes two ſpoonfuls of juyce, then ſet them on the fire, and ſtill lift up the pan and ſhake it round, for fear of burning to, then ſet them on again, and when the Sugar is melted,

ted boyl them as fast as you can possibly, and when they look very clear, and the syrup somewhat thick, they are enough.

To preserve Quinces white.

Take a paire and core them, and to every pound of your equall weights in Sugar and Quince, take a wine pinte of water; put them together, and boyl them as fast as you can uncovered; and this way you may also preserve Pippins white as you do Quinces.

To preserve Respasse.

Take a pound of Respas, a pound of fine Sugar, a quarter of a pinte of the juice of Respas, strew the Sugar under and above the Respas, sprinkle the juyce all on them, set them on a clear fire, let them boyl as soft as is possible, till the syrup will gelly, then take them off, let them stand till they be cold, then put them in a glass. After this manner is the best way.

To preſerve Pippins.

Take fair Pippins and boyl them in fair water till they be ſomewhat tender, then take them out and peel off the skins and put them into a fair earthen pot, and cover them till they be cold, then make the ſyrup with fair water and Sugar, ſeethe it and ſcum it very clean, then being almoſt cold, put in your Pippins, ſo boyl them ſoftly together, put in as much rine of Oranges as you think will taſte them, if you have no Orange take whole Cinamon and Cloves, ſo boyl them high enough to keep them all the year.

To preſerve Fruits green.

Take Pippins, Apricocks, Pear-plums, or Peaches when they be green, ſcald them in hot water, and peel them or ſcrape them, put them into another water not ſo hot as the firſt, then boyl them very tender, take the weight of them in Sugar, put to it as much water as will make a ſyrup to cover them; then boyl them ſomething leiſurely, and

and take them up, then boyl the ſyrup til it be ſomewhat thick, that it will batten on a diſh ſide, and when they are cold put them together, &c.

To preſerve Oranges and Limmons the beſt way.

Take and boyl them as for paſte, then take as much Sugar as they weigh, and put to it as much water as will cover them by making a ſyrup, then boyl them very leiſurely till they be clear, then take them up and boyl the ſyrup till it batten on the diſh ſide, and when they are cold put them up, &c.

An approved Conſerve for a Cough or Conſumption of the Lungs.

Take a pound of Elicampane roots, draw out the pith, and boyl them in two waters till they be ſoft, when it's cold put to it the like quantity of the pap of roaſted Pippins, and three times their weight of brown Sugar-candy beaten to powder, ſtamp theſe in a Morter to a Conſerve, whereof take every morning faſting as much as a Walnut for a week or fortnight together, and afterwards but three times a week. *Approved.*

To make a Conserve of any of these Fruits.

When you have boyled your paste as followeth, ready to fashion on the Pye plate, put it up into Gally pots, and never dry it, and this is all the difference between Conserves. And so you may make Conserves of any Fruits, this for all hard Fruits, as Quinces, Pippins, Oranges and Limons, &c.

To dry any Fruits after they are preserved, or Candy them.

Take Pippins, Pears or Plums, and wash them out in warme water, from the syrup they are preserved in, strew them over with searsed Sugar, as you would do flowre upon fish to fry them; set them in a broad earthen pan, that they may lie one by one, then set them in a warm Oven or Stove to dry. If you will candy them withall, you must strew on Sugar three or four times in the drying.

To preserve Artichokes yong, green Walnuts and Limons, and the Elecampane roots, or any bitter thing.

Take any of these and boyl them tender, and shift them in their boyling six or seven times to take away their bitternesse, out of one hot water into another, then put a quart of Salt unto them, then take them up and dry them with a fair cloth, then put them into as much clarified Sugar as will cover them, then let them boyl a walm or two, and so let them stand soaking in the Sugar til the next morning, then take them up and boyl the Sugar a little higher by it self, and when they are cold put them up.

Let your green Walnuts be prickt full of holes with a great pin, and let them not be long in one water, for that will make them look black; being boyled tender, stick two or three Cloves in each of them.

Set your Elecampane roots, being clean scraped, and shifted in their boylings a dozen times, then dry them in a fair cloth, and so boyl them as is a-

above written, take half ſo much more then it doth weigh, becauſe it is bitter, &c.

To preſerve Quinces white or red.

Take the Quinces, and coar them, and pare them, thoſe that you will have white, put them into a pale of water two or three houres, then take as much Sugar as they weigh, put to it as much water as will make a ſyrup to cover them, then boyl your ſyrup a little while, then put your Quinces in, and boyl them as faſt as you can, till they be tender and clear, then take them up and boyl the ſyrup a little higher by it ſelf, and being cold put them up. And if you will have them red, put them raw into Sugar and boyl them leiſurely cloſe covered till they be red, and put them not into cold water.

To preſerve Grapes.

Take the Cluſters and ſtone them as you do Barberries, then take a little more Sugar then they weigh, put to it as much Apple water as will make a ſyrup

ſyrup to cover them, then boyl them as you do Cherries, as faſt as you can, till the ſyrup be thick, and being cold, pot it. Thus may you preſerve Barberries or Engliſh Currants, or any kind of Berries.

To preſerve Pippins, Apricocks, Pear-plums, and Peaches when they are ripe.

Take Pippins and pare them, bore a hole through them, and put them into a pale of water, then take as much Sugar as they do weigh, and put it to as much water as will make a ſyrup to cover them, and boyl them as faſt as you can, ſo that you keep them from breaking, untill they be tender, that you may prick a ruſh through them; let them be a ſoaking till they be almoſt cold, then put them up.

Your Apricocks and Peaches muſt be ſtoned, and not pared, but the Pear-plums muſt not be ſtoned nor pared. Then take a little more Sugar then they weigh, then take as much Apple-water and Sugar as will make a ſyrup for them, then boyl them as you do your Pippins, and pot them as you do the Pippins likewiſe, &c.

To

To preſerve Pippins, Apricocks, Pear-plums, or Peaches green.

Take you pippins green and quoddle them in fair water, but let the water boyl firſt before you put them in, and you muſt ſhift them in two hot waters before they will be tender, then pull off the skin from them, and ſo caſe them in ſo much clarified Sugar as will cover them, and ſo boyle them as faſt as you can, keeping them from breaking, then take them up and boyl the ſyrup until it be as thick as for Quiddony, then pot them, and powre the ſyrup into them before they be cold, *&c.*

Take your Apricocks and Pear-plums, and boyl them tender, then take as much Sugar as they do weigh, and take as much water as will make the ſyrup, take your green Peaches before they be ſtoned, and thruſt a pin through them, and then make a ſtrong water of aſhes, and caſt them into the hot ſtanding lye to take off the fur from them, then waſh them in three or four waters warm, ſo then put them into ſo much clarified Sugar as will candy them; ſo boyl them and put them up, *&c.*

To

To dry Pippins or Pears without Sugar.

Take Pippins or Pears and prick them full of holes with a bodkin, and lay them in ſweet wort three or four dayes, then lay them on a Sives bottome till they be dry, in an Oven, but a drying heat. This you may do to any tender plum.

To make ſyrup of Clove Gillyflowers.

Take a quart of water, half a buſhel of Flowers, cut off the whites, and with a Sive ſift away the ſeeds, bruiſe them a little; let your water be boyled and a little cold again, then put in your Flowers, and let them ſtand cloſe covered twenty four hours; you may put in but half the flowers at a time, the ſtrength will come out the better; to that liquor put in three pound of Sugar, let it lye in all night, next day boyl it in a gally pot, ſet it in a pot of water, and there let it boyl till all the Sugar be melted, and the ſyrup be prety thick, then take it out and let it ſtand in that till it be through cold, then glaſſe it.

To

To make Syrup of Hyſop for Colds.

Take a handfull of Hyſop, of Figs, Rayſins, Dates, of each an ounce, of Collipint halfan handfull, French Barley one ounce, boyl therein three pintes of fair water to a quart, ſtrain it and clarifie it with two whites of Egges, then put in two pound of fine Sugar, and boyl it to a ſyrup.

To make Orange Water.

Take a pottle of the beſt Malligo Sack, and put in as many of the peels of Oranges as will go in, cut the white clean off, let them ſteep twenty four hours; ſtill them in a Glaſſe Still, and let the water run into the receiver upon fine Sugar-candy; you may ſtill it in an ordinary ſtill.

To dry Cherries.

Take a pound of Sugar, diſſolve it in thin fair water, when it is boyled a little while, put in your Cherries after they are ſtoned, four pound to one pound of.

of Sugar, let them lie in the Sugar three dayes, then take them out of the ſyrup and lay them on Sives one by one, and ſet them before the Sun upon ſtools, turn them every day, elſe they will mould, when they look of a dark red colour, and are dry, then put them up. And ſo you may do any manner of fruit. In the Sun is the beſt drying of them; put into the ſyrup ſome juyce of Raſps.

To make juyce of Liquorice.

Take Engliſh Liquorice and ſtamp it very clean, bruiſe it with a hammer, and cut it in ſmall pieces; to a pound of Liquorice thus bruiſed, put a quart of Hyſop water, let them ſoak together in an earthen pot a day and a night, then pull the Liquorice into ſmall pieces, and lay it in ſoak again two dayes more; then ſtrain out the Liquorice, and boyl the liquor a good while. Stir it often, then put in half a pound of Sugar-candy, or loaf Sugar finely beaten, four grains of Muske, as much Ambergreeſe, bruiſe them ſmall with a little Sugar, then boyl them together till it be good and thick, ſtill have a care

you

burn it not; then put it out in glaſſe plates, and make it into round rowls, and ſet it in a drying place till it be ſtiff, that you may work it into rowls to be cut as big as Barley corns, and ſo lay them on a place again: If it be needful ſtrew on the place a little Sugar to prevent thickning, ſo dry them ſtill if there be need, and if they ſhould be too dry, the heat of the fire will ſoften them again.

A perfume for Clothes, Gloves.

Take of Linet two grains, of Muſk three, of Ambergreeſe four, and the Oyl of Bems a pretty quantity; grinde them all upon a Marble ſtone fit for that purpoſe; then with a bruſh or ſponge rake them over, and it will ſweeten them very well; your Gloves or Jerkins muſt firſt be waſhed in old red Roſe water, and when they are almoſt dry ſtretch them forth ſmooth and lay on the perfume.

To make Almond Bisket.

Take the whites of four new laid Eggs

Eggs and two yelks, and beat it well for an hour together, then have in readineſſe a quarter of a pound of the beſt Almonds blanched in cold water, and beat them very ſmall with Roſewart for fear of oyling, then have a pound of the beſt loaf Sugar finely beaten; beat that in the Eggs a while, then put in your Almonds, and five or ſix ſpoonfuls of the fineſt Flowre, and ſo bake them together upon paper or plates, you may have a little fine Sugar in a piece of Tiffany to duſt them over as they be in the Oven, ſo bake them as you do Biſket.

To make Conſerve of Roſes boyled.

Take a quart of red Roſe water, a quart of fair water, boyl in the water a pound of red Roſe leaves, the whites cut off, the leaves muſt be boyled very tender; then take three pound of Sugar, and put to it a pound at a time, and let it boyl a little between every pound, ſo put it up in your pots.

To make Conserves of Roses unboyled.

Take a pound of red Rose leaves, the whites cut off, stamp them very fine, take a pound of Sugar, and beat in with the Roses, and put it in a pot and cover it with leather, and set it in a cool place.

To dry Apricocks.

First stone them, then weigh them, take the weight of them in double refined Sugar, make the syrup with so much water as will wet them, and boyl it up so high, that a drop being dropped on a plate it will slip clean off, when it is cold; then put in your Apricocks being pared, whilst your syrup is hot, but it must not be taken off the fire before you put them in, then turn them in the syrup often, then let them stand three quarters of an hour; then take them out of the syrup, and tie them up in Tiffanies, one in a Tiffany or more, as they be in bigness, and whileſt you are tying them up, set the syrup on the fire to heat, but not to boyl, then put your

your Apricocks into the ſyrup, and ſet them on a quick fire, and let them boyl as faſt as you can, skim them clean, and when they look clear, take them from the fire and let them lie in the ſyrup till the next day, then ſet them on the fire to heat, but not to boyl; then ſet them by till the next day, and lay them upon a clean Sieve to draine, and when they are well drained, take them out of the Tiffanies, and ſo dry them in a ſtove, or better in the Sun with glaſſes over them, to keep them from the duſt.

To make Quinces for Piet.

Wipe the Quinces and put them into a little veſſell of ſmall beer when it hath done working, ſtop them cloſe that no aire can get in, and this will keep them fair all the year, and good.

The beſt way to break ſweet Powder.

Take of Orrice one pound, Calamus a quarter of a pound, Benjamin one half pound, Storax half a pound, Civet a quarter of an ounce, Cloves a quarter

of

of a pound, Musk one half ounce, Oyl of Orange flowers one ounce, Lignum Aloes one ounce, Rosewood a quarter of a pound, Ambergreese a quarter of an ounce. To every pound of Roses put a pound of Powder; the bag must be of Taffaty, or else the Powder will run through.

To make excellent perfumes.

Take a quarter of a pound of Damask Rose-buds cut clean from the whites, stamp them very small, put to them a good spoonfull of Damask Rose water, so let them stand close stopped all night, then take one ounce and a quarter of Benjamin finely beaten, and also searsed (if you will) twenty grains of Civit, and ten grains of Musk; mingle these with the Roses beating them well together, then make it up in little Cakes between Rose leaves, and dry them between sheets of Paper.

To make a very good Pomatum.

Take the fat of a young Dog one pound, it must be kild well that the blood

blood ſetle not into the fat, then let the outer skin be taken off before it be opened, leſt any of the hair come to the fat, then take all the fat from the inſide, and aſſoon as you take it off fling it into Conduſit water; and if you ſee the ſecond skin be clear, peel it and water it with the other; be ſure it cools not out of the water: you muſt not let any of the fleſh remain on it, for then the Pomatum will not keep. To one pound of this fat take two pound of Lambs caule, and put it to the other in the water, and when you ſee it is cold, drain it from the water in a Napkin, and break it in little pieces with your fingers, and take out all the little veins, then take eight ounces of Oyl of Tartar, and put in that firſt, ſtirring it well together, then put it into a Gallon of Conduit water, and let it ſtand till night; ſhift this with ſo much Oyl and Water, morning and evening ſeven dayes together, and be ſure you ſhift it conſtantly; and the day before you mean to melt it, wring it hard by a little at a time, and be ſure the Oyl and Water be all out of it, wring the water well out of it with a Napkin every time you ſhift it; then

put

put in three pintes of Roſe-water; let it ſtand cloſe covered twelve hours, then wring out that and put in a pinte of freſh Roſe-water into a high Gally pot with the feces: then tie it cloſe up and ſet it in a pot of water, and let it boyl two hours, then take it out and ſtrain it into an earthen pan, let it ſtand till it is cold; then cut a hole in it, and let out the water, then ſcrape away the bottome, and dry it with a cloth, and dry the pan; melt it in a Chafing-diſh of coals, or in the Gally pots; beat it ſo long, till it look very white and ſhining; then with your hand fling it in fine Cakes upon white paper, and let it lie till it be cold, then put it into Gally pots. This will be very good for two or three years.

To make Rayſin Wine.

Take two pound of Rayſins of the Sun ſhred, a pound of good powdered Sugar, the juyce of two Lemons, one pill; put theſe in a earthen pot with a top, then take two gallons of water, let it boyl half an hour, then take it hot from the fire and put it into the pot, and

cover

cover it close for three or four dayes, stirring it twice a day, being strained put it into bottles, and stop it very close; in a fortnight or three weeks it may be drunk; you may put in Cloves, Gilly-flowers, or Cowslips, as the time of the year is when you make it; and when you have drawn this from the Raysins, and bottled it up, heat two quarts of water more, put it to the Ingredients, and let it stand as aforesaid. This will be good, but smaller than the other, the water must be boyled as the other.

To make Rasberry Wine.

Take a Gallon of good Rhenish Wine, put into it as much Rasberries very ripe, as will make it strong, put it in an earthen pot, and let it stand two days: then powr your Wine from your Rasberries, and put into every bottle two ounces of Sugar. Stop it up and keep it by you.

The best way to preserve Cherries.

Take the best Cherries you can get, and cut the stalks something short, then for

for every pound of these Cherries take two pound of other Cherries, and put them off their stalks and stones, put to them ten spoonfuls of fair water, and then set them on the fire to boyl very fast till you see that the colour of the Syrup be like pale Claret Wine, then take it off the fire, and drain them from the Cherries into a pan to preserve in. Take to every pound of Cherries a quarter of Sugar, of which take halfe and dissolve it with the Cherry water drained from the Cherries, and keep them boyling very fast till they will gelly in a spoon, and as you see the Syrup thin, take off the Sugar that you kept finely beaten, and put it to the Cherries in the boyling; the faster they boyl, the better they will be preserved, and let them stand in a pan till they be almost cold.

A Tincture of Ambergreese.

Take Ambergreese one ounce, Musk two drams, spirit of Wine half a pinte, or as much as will cover the Ingredients two or three fingers breadth, put all into a Glasse, stop it close with a Cork and Bladder, set it in Horse dung ten or twelve

twelve dayes, then pour off gently the ſpirit of Wine, and keep it in a glaſſe cloſe ſtopt, then put more ſpirit of Wine on the Ambergreeſe, and do as before, then pour it off, after all this the Ambergreeſe will ſerve for ordinary uſes. A drop of this will perfume any thing, and in Cordials it is very good.

To make Uſquebath the beſt way.

Take two quarts of the beſt Aqua vitæ, four ounces of ſcraped Liquorice, and half a pound of ſliced Rayſins of the Sun, Anniſeeds four ounces, Dates and Figs of each half a pound, ſliced Nutmeg, Cinamon, Ginger, of each half an ounce, put theſe to the Aqua vitæ, ſtop it very cloſe, and ſet it in a cold place ten days, ſtirring it twice a day with a ſtick, then ſtrain or ſweeten it with Sugar-candy; after it is ſtrained let it ſtand till it be clear, then put into the glaſſe Muſk and Ambergreeſe; two grains is ſufficient for this quantity.

To preſerve Cherries with a quarter of their weight in Sugar.

Take four pound of Cherries, one

pound of Sugar, beat your Sugar and ſtrew a little in the bottome of your skillet, then pull off the ſtalks and ſtones of your Cherries, and cut them croſſe the bottome with a knife; let the juyce of the Cherries run upon the Sugar; for there muſt be no other liquor but the juyce of the Cherries; cover your Cherries over with one half of your Sugar. Boyl them very quick; when they are half boyled, put in the remainder of your Sugar; when they are almoſt enough, put in the reſt of the Sugar; you muſt let them boyl till they part in ſunder like Marmalade, ſtirring them continually, ſo put them up hot into your warm Marmalade glaſſes.

To make Gelly of Pippins.

Take Pippins and pare them and quarter them, and put as much water to them as will cover them, and let them boyl till all the vertue of the Pippins are out, then ſtrain them, and take to a pinte of that liqour a pound of Sugar, and cut long threads of Orange peels, and boyl in it, then take a Limon and pare and ſlice it very thin, and boyl it in your liquor

liquor a little thin; take them out, and lay them in the bottom of your glaſſe, and when it is boyled to a gelly, pour it on the Limons in the glaſſe. You muſt boyl the Oranges in two or three waters before you boyl it in the gelly.

To make Apricock Cakes.

Take the faireſt Apricocks you can get, and parboyl them very tender, then take off the pulp and their weight of Sugar, and boyl the Sugar and Apricocks together very faſt, ſtir them ever leſt they burn to, and when you can ſee the bottome of the skillet it is enough; then put them into Cards ſowed round, and duſt them with fine Sugar, and when they are cold ſtone them, then turn them and fill them up with ſome more of the ſame ſtuffe; but you muſt let them ſtand for three or four dayes before you turn them off the firſt place; and when you finde they begin to candy, take them out of the Cards, duſt them with Sugar again; ſo do even when you turn them.

To preſerve Barberries in the beſt way.

Firſt ſtone them and weigh them, half a pound of Sugar to half a pound of them, then pare them and ſlice them into that liquor, take the weight of it in Sugar; then take as many Rasberries as will colour it, and ſtrain them into the liquor, then put in the Sugar, boyl it as faſt as you can, then skim it till it be very clear; then put in your Barberies and that Sugar you weighed, and ſo let them boyl till the skin be fully riſen up, then take them off and skin them very clean, and put them up.

To make Lozinges of red Roſes.

Boyl your Sugar to Sugar again, then put in your red Roſes being finely beaten and made moiſt with the juyce of a Limon, let it not boyl after the Roſes are in, but pour it upon a Pye-plate, and cut it into what form you pleaſe.

To make Chips of Quinces.

Firſt ſcald them very well, then ſlice them into a diſh, and pour a Candy ſyrup to them ſcalding hot, and let them ſtand all night, then lay them on plates and ſearſe ſugar on them, and turn them every day, and ſcrape more Sugar on them till they be dry. If you would have them look clear, beat them in ſyrup, but not to boyl.

To make Sugar of Wormwood, Mint, Aniſeed, or any other of that kinde.

Take double refined Sugar, and do but wet it in fair water, or Roſe water, and boyl it to a Candy, when it is almoſt boyled take it off, and ſtir it till it be cold; then drop in three or four drops of the Oils of whatſoever you will make, and ſtir it well; then drop it on a board being before ſifted with Sugar.

To make ſyrup of Limons or Citrons.

Pare off all the rinder, then ſlice your Limons very thin, and lay a lare of

Sugar finely beaten, and a lare of Limons in a ſilver Baſon till you have fitted it, or as much as you mean to make, and ſo let it ſtand all night; the next day pour off the liquor that runs from it into a glaſſe through a Tiffany ſtrainer. Be ſure you put Sugar enough to them at the firſt, and it will keep a year good, if it be ſet up well.

To make Jumbals of Apricocks or Quinces.

Take Apricocks or Quinces, and coddle them tender; then take their pulp and dry it in a diſh over a Chafing diſh of coals, and ſet it in a ſtove for a day or two; then beat it in a ſtone Mortar, putting in as much Sugar as will make a ſtiffe paſte; then colour it with Saunders, Cochinele or blew Starch, and make it up in what colour you pleaſe, rowl them with battle-dores into long pieces, and tye them up in knots, and ſo dry them.

To make Cherry water.

Take nine pound of Cherries, pull out the ſtones and ſtalks, break them with

with your hand, and put them into nine pintes of Claret Wine, take nine ounces of Cinamon, and three Nutmegs, bruiſe them, and put them into this, then take of Roſemary and Balm of each half a handful, of ſweet Marjoram a quarter of an handfull: put all theſe with the aforenamed into an earthen pot well leaded, ſo let them ſtand to infuſe twenty four hours, ſtirring it once in four or five hours; ſo diſtill it in a *Limbeck* keeping the ſtrongeſt water by it ſelf, put ſome Sugar finely beaten into your glaſſes. If your firſt water be too ſtrong, put ſome of the ſecond to it as you uſe it. If you pleaſe you may tye ſome Musk, and Ambergreeſe in a rag, and hang it by a Thread in your Glaſſe.

To make Orange Cakes.

Take Oranges and pare them as thin as you can, then take out the meats clean, and put them in water; let them lie about an hour; ſhift the water and boyl them very tender in three or four waters, then put them up and dry them on a cloth: mince them as ſmall as you can, then put them into a diſh, and ſqueeze all the juyce of the meat into them, and

let them ſtand till the next day, take to every pound of theſe a pound and a quarter of double refined Sugar. Boyl it with a ſpoonfull of water at the bottome to keep it from burning till it be Sugar again; then put in your Oranges, and let them ſtand and dry on the fire, but not boyl; then put them on glaſſe plates, and put them in a Stove, the next day make them into Cakes, and ſo dry them as faſt as you can.

To preſerve Oranges the French way.

Take twelve of the faireſt Oranges and beſt coloured, and if you can get them with ſmooth skins they are the better, and lay them in Conduit water ſix dayes and nights, ſhifting them into freſh water morning & evening; then boyl them very tender, and with a knife pare them very thin, rub them with ſalt, when you have ſo done, core them with a coring iron, taking out the meat and ſeeds; then rub them with a dry cloth till they be clean, and to every pound of Oranges a pound and half of Sugar, and to a pound of Sugar a pinte of water; then mingle your Sugar and water well together in a large skillet or pan; beat the whites of three

Egges

Egges, and put that into it, then ſet it on the fire, and let it boyl till it riſes, and ſtrain it through a Napkin; then ſet it on the fire again, and let it boyl till the ſyrup be thick, then put in your Oranges and make them ſeethe as faſt as you can, now and then putting in a piece of fine loaf Sugar the bigneſſe of a Walnut, when they have boyled near an hour, put into them a pinte of Apple water: then boyl them apace, and half a pinte of white wine, this ſhould be put in before the Apple water, when your Oranges are very clear, and your ſyrup ſo thick that it will jelly (which you may know by ſetting them to cool in a ſpoon) when they are ready to be taken off from the fire; then put in the juyce of eight Limons warm into them, then put them into an earthen pan, and ſo let them ſtand till they be cold, then put every Orange in a ſeveral glaſſe or pot; if you do but ſix Oranges at a time it is the better.

To preſerve green Plums.

The greateſt wheaten Plum is the beſt, which will be ripe in the midſt of

July, gather them about that time, or later, as they grow in bigneſſe, but you muſt not ſuffer them to turn yellow, for then they never be of good colour; being gathered, lay them in water for the ſpace of 12 hours, and when you gather them wipe them with a clean linnen cloth, and cut off a little of the ſtalks of every one; then ſet two skillets of water on the fire, and when one is ſcalding hot put in your plums, and take them from the fire, and cover them, and let them reſt for the ſpace of a quarter of an hour, then take them up, and when your other skillet of water doth boyl put them into it; let them but ſtay in it a very little while, and ſo let the other skillet of water wherein they were firſt boyled be ſet to the fire again, and make it to boyl, and put in your plums as before, and then you ſhall ſee them rivet over, and yet your plums very whole; then while they be hot you muſt with your knife ſcrape away the rivetting; then take to every pound of Plums a pound and two ounces of Sugar finely beaten, then ſet a pan with a little fair water on the fire, and when it boyls put in your plums, and let them ſeethe half

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a quarter of an hour till you ſee the colour wax green, then ſet them off the fire a quarter of an hour, and take a handfull of Sugar that is weighed, and ſtrow it in the bottom of the pan wherein you will preſerve, and ſo put in your plums one by one, drawing the liquor from them, and caſt the reſt of your Sugar on them; then ſet the pan on a moderate fire, letting them boyl continually but very ſoftly, and in three quarters of an hour they will be ready, as you may perceive by the greenneſſe of your plums and thickneſſe of your ſyrup, which if they be boyled enough will gelly when it is cold; then take up your plums and put them into a gally pot, but boyl your ſyrup a little longer, then ſtrain it into ſome veſſel, and being bloud-warm, pour it upon your plums, but ſtop not the pot before they be cold. Note alſo, you muſt preſerve them in ſuch a pan as they may lie one by another and turn of themſelves, and when they have been five or ſix days in the ſyrup, that the ſyrup grow thin, you may boyl it again with little Sugar, but put it not to your plums till they be cold. They muſt have three ſcaldings and one boyling.

To

To dry Plums.

Take three quarters of a pound of Sugar to a pound of black Pear plums, or Damſins, ſlit the plums in the creſt, lay a lay of Sugar with a lay of plums, and let them ſtand all night, if you ſtone the plums fill up the place with Sugar, then boyl them but gently till they be very tender, without breaking the skins, take them into an earthen or ſilver diſh, and boyl your ſyrup afterwards for a gelly, then pour it in your plums ſcalding hot, and let them ſtand two or three dayes, then let them be put to the Oven after you draw your bread, ſo often untill your ſyrup be dryed up, and when you think they are almoſt dry lay them in a Sive, and pour ſome ſcalding water on them which will run through the Sive, and ſet them in an Oven afterwards to dry.

To preſerve Cherries the beſt way bigger then they grow naturally, &c.

Take a pound of the ſmalleſt Cherries, and boyl them tender in a pinte of fair

fair water, then ſtrain the liquor from the ſubſtance, then take two pound of good Cherries, and put them in a preſerving pan with a lay of Cherries, and a lay of Sugar, then pour the ſyrup of the other Cherries about them, and ſo let them boyl as faſt as you can with a quick fire, that the ſyrup may boyl over them, and when your ſyrup is thick and of good colour, then take them up, and let them ſtand a cooling by partitions one from another, and being cold you may pot them up.

To preſerve Damſins or red Plums or black.

Take your plums newly gathered, and take a little more Sugar then they do weigh, then put to it as much water as will cover them, then boyl your ſyrup a little while, and ſo let it cool, then put in your Damſins or plums, then boyl them leiſurely in a pot of ſeething water till they be tender, then being almoſt cold pot them up.

To dry Pippins or Pears.

Take your Pippins, Pears, Apricocks, pare

pare them, and lay them in a broad earthen pan one by one, and ſo rowl them in ſearſed Sugar as you flowre fryed fiſh; put them in an Oven as hot as for Manchet, and ſo take them out, and turn them as long as the Oven is hot; when the Oven is of a drying heat, lay them upon a paper, and dry them on the bottome of a Sive; ſo you may do the leaſt plum that is.

To dry Pippins or Pears another way.

Take Pippins or Pears, and lay them in an earthen pan one by one, and when they be baked plump and not broken, then take them out, and lay them up, and lay them upon a paper, then lay them on a Sives bottom, and dry them as you did before.

To dry Apricocks tender.

Take the ripeſt of the Apricocks, pare them, put them into a ſilver or earthen skillet, and to a pound of Apricocks put three quarters of a pound of Sugar, ſet your Apricocks over your fire, ſtirring them till they come to a pulp, and

ſet

ſet the Sugar in another skillet by boyling it up to a good height, then take all the Apricocks and ſtir them round till they be wel mingled, then let it ſtand till it be ſomething cold and thick, then put into Cards being cut of the faſhion of an Apricock, and laid upon glaſs plates; fill the Cards half full, then ſet them in your Stove; but when you finde they are ſo dry that they are ready to turn, then provide as much of your pulp as you had before, and to put to every one a ſtove when they are turned, (which you muſt have ſaid before) and pour the reſt of the pulp upon them, ſo ſet them into your ſtove turning them till they be dry.

To dry Plums.

Take a pound of Sugar to a pound of Plums, pare them, ſcald your Plums, then lay your Plums upon a Sive till the water be drained from them, boyl your Sugar to a Candy height, and then put your Plums in whileſt your ſyrup is hot, ſo warm them every morning for a week, then take them out, and put them into your Stove and dry them.

To

To dry Apricocks.

Take your Apricocks, pare and ſtone them, then weigh half a pound of Sugar to a pound of Apricocks, then take half that Sugar and make a thin ſyrup, and when it boyleth put in the Apricocks, then ſcald them in that ſyrup; then take them off the fire, and let them ſtand all night in that ſyrup, in the morning take them out of that ſyrup, and make another ſyrup with the other halfe of the Sugar, then put them in, and preſerve them till they look clear; but be ſure you do not do them ſo much as thoſe you keep preſerved without drying; then take them out of that ſyrup, and lay them on a piece of plate till they be cold; then take a skillet of fair water, and when the water boyls take your Apricocks one after another in a ſpoon, and dip them in the water firſt on one ſide, and then on the other; not letting them go out of the ſpoon; you muſt do it very quick, then put them on a piece of a plate, and dry them in a Stove, turning them every day, you muſt be ſure that your ſtove or cub-

board

board where you dry them, the heat of it be renewed three times a day with a temperate drying heat untill they be ſomething dry, then afterwards turn once as you ſee cauſe.

Conſerves of Violets the Italian *manner.*

Take the leaves of blew Violets ſeparated from their ſtalks and greens, beat them very well in a ſtone Mortar, with twice their weight of Sugar, and reſerve them for your uſe in a glaſſe veſſell.

The Vertue.

The heat of choler it doth mitigate, extinguiſheth thirſt, aſſwageth the Belly, and helpeth the Throat of hot hurts, ſharp droppings, and dryneſſe, and procureth reſt. It will keep one year.

Conſerves of red Roſes the Italian *manner.*

Take freſh red Roſes not quite ripe, beat them in a ſtone Mortar, mixe them with double their weight of Sugar, and put them in a glaſſe cloſe ſtopped, being not full, let them remain before you, uſe them three months, ſtirring of them once a day.

The

The Vertue.

The Stomach, Heart and Bowels it cooleth, and hindereth vapours, the ſpitting of bloud & corruption for the moſt part, (being cold) it helpeth. It will keep many years.

Conſerve of Borage flowers after the Italian *manner.*

Take freſh Borage flowers cleanſed well from their heads four ounces, fine Sugar twelve ounces, beat them well together in a ſtone Mortar, and keep them in a veſſell well placed.

The Vertues are the ſame with Bugloſſe flowers.

Conſerve of Roſemary flowers after the Italian *manner.*

Take new Roſemary flowers one pound, of white Sugar one pound; ſo beat them together in a Marble Mortar with a wooden Peſtel; keep it in a Gally or veſſell of earth well glaſed, or in one of hard ſtone. It may be preſerved for one year or two.

The

The Vertues.

It comforteth the Heart, the Stomach, the Brain, and all the nervous parts of the body.

Conserve of Betony after the Italian *way.*

Betony new and tender one pound, the beſt Sugar three pound, beat them very ſmall in a ſtone Mortar, let the Sugar be boyled with two pound of Betony water to the conſiſtence of a Syrup, at length mixe them together by little and little over a ſmall fire, and make a Conſerve, which keep in a glaſſe.

The Virtues.

It helpeth the cold pains of the Head, purgeth the Stomach and Womb, it helpeth ſtonineſſe of the Reyns, and furthereth Conception.

Conserve of Sage.

Take new flowers of Sage one pound, Sugar one pound; ſo beat them together very ſmall in a Marble Mortar, put them in a veſſell well glaſed and ſteeped, ſet them in the Sun, ſtir them

them dayly; it will laſt one year.

The Vertues.

It is good in al cold hurts of the Brain; it refreſheth the ſtomach, it openeth obſtructions, and takes away ſuperfluous and hurtfull humous from the Stomach.

Conſerve of the flowers of Lavender.

Take the flowers being new ſo many as you pleaſe, and beat them with three times their weight of white Sugar, after the ſame manner as Roſemary flowers; they will keep one year.

The Vertues.

The Brain, the Stomach, Liver, Spleen, and Womb it maketh warm, and is good in the ſuffocation of the Womb, hardneſſe of the Spleen, and for the Apoplex.

Conſerve of Marjoram.

The Conſerve is prepared as Betony; it keepeth a year.

The Virtues.

It is good againſt the coldneſſe, moiſtneſſe of the Brain, and Stomach, and

and it ſtrengtheneth the Vitall Spirits.

Conſerve of Piony after the Italian *way.*

In the ſpring take of the flowers freſh half a pound, Sugar one pound, beat them together in a good ſtone Mortar, then put them in a glaſſe, and ſet them in the Sun for three months, ſtirring them dayly with a wooden Spathula.

The Vertues.

It is good againſt the Falling ſickneſs, and giddineſſe of the Head, it cleanſeth the Reins and Bladder.

Touching Candies as followeth.

To Candy Roſemary flowers in the Sun.

TAke Gum Dragon and ſteep it in Roſe-water, then take the Roſemary

mary flowers, good-coloured, and well pickt, and wet them in the water that your Gum Dragon is steeped in, then take them out, and lay them upon a paper, and strew fine Sugar over them; this do in the hot Sun turning them, and strewing Sugar on them, till they are candied, and so keep them for your use.

To make Sugar of Roses.

Take the deepest coloured red Roses, pick them, cut off the white buttons, and dry your red leaves in an Oven, till they be as dry as is possible, then beat them to powder and searse them, then take half a pound of Sugar beaten fine, put it into your pan with as much fair water as will wet it, then set it in a chafing dish of coals, and let it boyl till it be Sugar again; then put as much powder of Roses that will make it look very red, stir them well together; and when it is almost cold, put into pales, and when it is throughly cold, take them off, and put them in boxes.

To Candy Pippins, Pears, Apricocks, or Plums.

Take any of these fruits being pared, and strew upon them as you do flowre upon frying fish; then lay them on a board in a pewter dish; so put them into an Oven as hot as for Manchet; as the liquor comes from them, pour forth, turn them, and strew more Sugar on them, and sprinkle Rose-water on them, thus turning and Sugaring of them three or four times, till they be almost dry, then lay them on a lettice Wyer, or on the bottom of a Sive in a warm oven, after the bread is drawn out, till they be full dry; so you may keep them all the year.

To Candy or clear Rockandy Flowers.

Take spices and boyl them in a syrup of Sugar, then put in the flowers, boyl them till they be stiffe; when you spread them on a paper, lay them on round Wyers in an earthen pan; then take as much hard Sugar as will fill your pan, and as much water as will melt the Sugar

gar, that is half a pinte to every pound, then beat a dozen ſpoonfuls of fair water, and the white of an Egge in a Baſon, with a Birchin rod till it come to a froth; when your Sugar is all melted and boyled, put the froth of the Egge in the hot ſyrup, and as it riſeth drop in a little cold water; ſo let it boyl a little while, then ſcum it, then boyl it to a Candie hight, that is, when you may draw it in ſmall threads between your finger and your thumb; then pour forth all your ſyrup that will run from it in your pan, then ſet it a drying one hour or two; which done, pick up the Wyers, and take off the flowers, and lay them on papers, and ſo dry them.

To Candy Spaniſh flowers.

Take the Bloſſoms of divers ſorts of flowers, and make a ſyrup of water and Sugar, and boyl it very thick, then put in your bloſſomes and ſtir them in their hoyling, till it turn to Sugar again, then ſtir them with the back of a ſpoon, till the Sugar fall from it; ſo may you keep them for ſallets all the year.

To candy Grapes, Cherries or Barberies.

Take any of these fruits and strew fine sifted Sugar on them as you do flower on frying fish, lay them on a lettice of Wyer in a deep earthen pan, and put them into an Oven as hot as for Manchet, then take them out and turn them, and Sugar them again, and sprinkle a little Rose water on them, pour the syrup forth as it comes from them, thus turning and Sugaring them till they be almost dry, then take them out of the earthen pan, and lay them on a lettice of Wyer upon two billets of wood in a warm Oven, after the bread is drawn, till they be dry and well candied.

To candy Suckets of Oranges Limons, Citrons and Angelica.

Take and boyl them in fair water tender, and shift them in three boylings, six or seven times, to take away their bitterness, then put them into as much Sugar as will cover them, and so let them boyl a walm or two, then take them out an dry them in a warm Oven

as hot as Manchet, and being dry, boyl the Sugar to a Candy height, and ſo caſt your Oranges into the hot Sugar, and take them out again ſuddenly, and then lay them upon a lettice of wyer, on the bottom of Sive in a warm Oven after the Bread is drawn, ſtill warming the Oven till it be dry, and they will be well candied.

To Candy the Orange Roots.

Take the Orange roots being wel and tenderly boyled, petch them and peel them, and waſh them out of two or three waters; then dry them well with a fair cloth, then pot them together two or three in a knot, then put them into as much clarified Sugar as will cover, and ſo let them boyl leiſurely, turning them until you ſee the Sugar drunk up into the root, then ſhaking them in the Baſon to ſunder the knots, and when they wax dry take them up ſuddenly and lay them on ſheets of white paper and ſo dry them before the fire an hour or two, and they will be well candied.

Can

Candy Orange peels after the Italian *way.*

Take Orange peels ſo often ſteeped in cold water, as you think convenient for their bitterneſſe, then dry them gently and candy them with ſome convenient ſyrup made with Sugar, ſome that are more grown, take away that ſpongious white under the yellow pils, others do both together.

The Virtues.

They corroborate the Stomach and Heart.

To Candy Citrons after the Spaniſh *way.*

Take Citron peels ſo large as you pleaſe, the inner part being taken away, let them be ſteeped in a clear lay of water and aſhes for nine dayes, and ſhift them the fift day, afterward waſh them in fair water, till the bitterneſſe be taken away, and that they grow ſweet, then let them be boyled in fair water till they grow ſoft, the watery part being taken away, let them be ſteeped in a veſſell of ſtone twenty four hours, with a Julip made of white Sugar, and three parts

water, after let them be boyled on a gentle fire, to candneſſe of penidies or paſte; being taken out of that let them be put in a glaſſe veſſel, one by one, with the Julip of Roſes made ſomewhat hard or with Sugar; ſome do add Amber and Musk to them.

The Vertues.

It comforteth the Stomach and Heart, it helpeth Concoction.

Candied Cherries the Italian *way.*

Take Cherries before they are full ripe, the ſtones taken out, put clarified Sugar boyled to a height, then pour it on them.

Chicory roots Candied the Italian *way.*

Taks Chicory new and green, the outward bark being taken away, then before they be candied, let them be cut in ſeverall parts, and gently boyled, that no bitterneſſe may remain, then ſet them in the air placed ſeverally, and put Sugar to them boyled to a height.

Touchin

Touching Marmalets and Quiddony, as followeth.

To make Marmalet of Damſins.

TAke two quarts of Damſins that be through ripe, and pare off the skins of three pints of them, then put them into an earthen Pipkin, thoſe with the skins undermoſt; then ſet the Pipkin into a pot of ſeething water and let the water ſeethe apace untill the Damſins be tender. Cover the Pipkin cloſe that no water get into them, and when they are tender put them out into an earthen pan, and take out all the ſtones and skins, then weigh them, and take the weight with hard Sugar, then break the Sugar fine, and put it into the Damſins, then ſet it on the fire, and make it boyl apace till it will come

from the bottom of the skillet, then take it up and put it into a glasse, but skum it clear in the boyling.

To make white Marmalet of Quinces.

Take unpared Quinces, and boyl them whole in fair water, peel them and take all the pap from the Coar, to every pound thereof adde three quarters of a pound of Sugar, boyl it well till it come well from the pans bottom, then put it into boxes.

To make Marmalet of any tender Plum.

Take your plums and boyl them between two dishes on a Chafing-dish of coals, then strain it and take as much Sugar as the Pulp do weigh, and put to it as much Rose water, and fair water as will melt it, that is half a pint of water to a pound of Sugar, and so boyl to a Candy height, then put the pulp into hot Sugar, with the pap of a roasted Apple. In like manner you must put rosted Apples to make Paste Royal of it, or else it will be tough in the drying, &c.

To make Orange Marmalet.

Take Oranges, pare them as thin as you can, boyl them in four ſeverall waters, let them be very ſoft before you take them out, then take two quarts of Spring water, put thereto twenty Pippins pared, quartered and coared, let them boyl till all the virtue be out; take heed they do not loſe the colour; then ſtrain them, put to every pinte of water a pound of Sugar, boyl it almoſt to a Candy height, then take out all the meat out of the Oranges, ſlice the Pill in long ſlits as thin as you can, then put in your pill with the juyce of two Limons and one half Orange, then boyl it to a Candy.

To make Quiddony of Pippins of Ruby or any Amber colour.

Take Pippins and cut them in quarters, and pare them and boyl them with as much fair water as will cover them, till they be tender, and ſunk into the water, then ſtrain all the liquor from the pulp, then take a pinte of that li-

quor and half a pound of Sugar, and boyl it till it be a quaking jelly, on the back of a ſpoon; ſo then pour it on your moulds, being taken out of fair water; then being cold turn them on a wet trencher, and ſo ſlide them into the boxes, and if you would have it ruddy colour, then boyl it leiſurely cloſe covered, till it be as red as Claret wine, ſo may you conceive, the difference is in the boyling of it, remember to boyl your Quinces in Apple water as you do your Plums.

To make Quiddony of all kinds of Plums.

Take your Apple water and boyl the Plums in it till it be red as Claret Wine and when you have made it ſtrong of the Plums, put to every pinte half a pound of Sugar, and ſo boyl it till a drop of it hang on the back of a ſpoon like a quaking jelly. If you will have it of an Amber colour, then boyl it with a quick fire, that is all the difference of the colouring of it.

To make Marmalet of Oranges or Orange Cakes, &c.

Take the yelloweſt and faireſt Oranges and water them three dayes, ſhifting the water twice a day, pare them as thin as you poſſible can, boyl them in a water changed five or ſix times, untill the bitterneſſe of the Orange be boyled out; thoſe that you preſerve muſt be cut in halfs; but thoſe for Marmalet muſt be boyled whole, let them be very tender, and ſlice them very thin on a trencher, taking out the ſeeds and long ſtrings, and with a a knife make it as fine as the pap of an Apple; then weigh your pap of Oranges, and to a pound of it, take a pound and half of Sugar: then you muſt have Pippins boyled ready in a skillet of fair water, and take the pap of them made fine on a trencher, and the ſtrings taken out, (but take not half ſo much Pippins as Oranges) then take the weight of it in Sugar, and mixe it both together in a ſilver or earthen diſh; and ſet it on the coals to dry the water out of it, (as you

doe with Quince Marmalet) when your Sugar is Candy height put in your ſtuffe, and boyl it till you think it ſtiffe enough, ſtirring it continually, if you pleaſe you may put in a little Muske in it.

Touching Paſtrie and Paſtees.

To make Sugar Cakes.

TAke three pound of the fineſt Wheat Flower, one pound of fine Sugar, Cloves, and Mace, of each one ounce finely ſearſed, two pound of Butter, a little Roſe water, knead and mould this very well together, melt your Butter as you put it in, then mould it with your hand forth upon a board, cut them round with a glaſſe, then lay them on papers, and ſet them in an Oven, be ſure your

Oven

Oven be not too hot, ſo let them ſtand till they be coloured enough.

To make clear Cakes of Plums.

Take Plums of any ſorts; Raſpiſſe are the beſt, put them into a ſtone Jug into a pot of ſeething water, and when they are diſſolved ſtrain them together through a fair cloth, and take to a pinte of that a pound of Sugar, put to as much colour as will melt it, and boyl to a Candy height; boyl the liquor likewiſe in another Poſnet, then put them ſeething hot together, and ſo boyl a little while ſtirring them together, then put them into glaſſes, and ſet them in an Oven or Stove in a drying heat, let them ſtand ſo two or three weeks, and never be cold, removing them from one warm place to another, they will turn in a week; beware you ſet them not too hot, for they will be tough: ſo every day turn them till they be dry; they will be very clear.

To make paſte of Oranges and Limons.

Take your Oranges well coloured, boyl

boyl them tender in water, changing them 6 or 7 times in the boyling, put into the first water one handfull of Salt, and then beat them in a wooden Bowl with a wooden Pestell, and then strain them through a piece of Cushion Canvis, then take somewhat more then the weight of them in sugar, then boyl it, dry and fashion it as you please.

To make Rasberry Cakes.

Take Rasberries, and put them into a Gally pot, cover them close, and set them into a skillet of water, and let them boyl till they are all to mash, then rub them through a strainer of Cushion Canvas, put the liquor into a silver Bason, and set it upon a very quick fire; and put into it one handfull or two of whole Rasberries, according to the quantity of your liquor; and as you shall like to have seeds in your paste. Thus let it boyl very fast till it be thick, and continually stir, lest it burn, then take two silver dishes that are of a weight, and put them into your scales, in the one put the Raspis stuffe; and in the other double refined Sugar finely beaten,

beaten, as much as the weight of Raſpiſs ſtuffe; then put as much water to the Sugar as will melt it, ſet it upon the fire and let it boyl till it be very high candied, then take it from the fire, and put your Raſpiſs ſtuffe into it; and when your Sugar and Rasberries are very well mixt together, and the Sugar all melted from about the diſh (which if it will not do from the fire, ſet it on again) but let it not boyl in any caſe; when it is pretty cool, lay it by ſpoonfuls in plates, and put it into your ſtuffe, keeping temperate fire to it twice a day till it be candid that will turn them, joyn two of the pieces together, to make the Cake the thicker.

To make Paſte of Genoa Citrons.

Take Citrons and boyl them in their skins, then ſcrape all the pulp from the coar, ſtrain it through a piece of Cuſhion Canvas, take twice the weight of the pulp in Sugar, put to it twice as much water as will melt it, that is half a pinte to every pound of Sugar, boyl it to a candy height; dry the Pulp upon a chafing-diſh of coals, then put the

the ſyrup and the pulp hot together, boyl it with ſtirring untill it will lie upon a Pie-plate, ſet it in a warm ſtone Oven upon two billets of wood, from the heat of the Oven, all one night, in the morning turn it, and ſet it in the like heat again, ſo turn it every day till it be dry.

To make a French Tart.

Take a quartern of Almonds or thereabouts, and peel them, then beat them in a Mortar, take the white of the breſt of a cold Capon, and take ſo much Lard as twice the quantity of the Capon, and ſo much Butter, or rather more, and half a Marrow bone, and if the bone be little then all the marrow, with the juice of one Limon, beat them all together in a Morter very well, then put in one half pound of loaf Sugar grated, then take a good piece of Citron, cut it in ſmall pieces, and half a quarter of Piſtanius, mingle all theſe together, take ſome flowre & the yelks of two or three eggs, and ſome ſweet Butter and work it with cold water.

To make Cakes of Pear plums.

Take to a pound of the clear or the pulp a pound of Sugar, and boyl it to a Sugar again, then break it as ſmall as you can; and put in the clear, when your Sugar is well melted in it, and almoſt cold, put it in glaſſe plates, and ſet them into your Stove as faſt as you can, with coals under them, and ſo twice a day whileſt they be dry enough to cut; if you make them of the clear, you muſt make Paſte of Apples to lay upon them, you muſt ſcald them and beat them very well, and ſo uſe them as you do your plums, and then you may put them into what faſhion you pleaſe.

To make Cakes, viz.

Take a pound of Sugar finely beaten, four yelks of Eggs, two whites, one half pound of Butter waſht in Roſe water, ſix ſpoonfuls of ſweet Cream warmed, one pound of Currants well pickt, as much flower as will make it up, mingle them well together, make them into Cakes, bake them in an Oven; almoſt

moſt as hot as for a Manchet, half an hour will bake them.

To make a Cake the way of the Royal Princeſs, the Lady Elizabeth *daughter to King* Charles *the firſt.*

Take half a peck of Flower, half a pinte of Roſe water, a pinte of Ale yeſt, a pinte of Cream, boyl it, a pound and a half of Butter, ſix Eggs (leave out the whites) four pound of Currants, one half pound of Sugar, one Nutmeg, and a little Salt, work it very well, and let it ſtand half an hour by the fire, and then work it again, and then make it up, and let it ſtand an hour and a half in the Oven; let not your Oven be too hot.

To make Paſte of Apricocks.

Take your Apricocks and pare them, and ſtone them, then boyl them tender betwixt two diſhes on a Chafing-diſh of coals, then being cold lay it forth on a white ſheet of paper; then take as much Sugar as it doth weigh, and boyl it to a candy heighth, with as

as much Roſe water and fair water as will melt the Sugar; then put the pulp into the Sugar, and ſo let it boyl till it be as thick as for Marmalet, now and then ſtirring of it; then faſhion it upon a Pie-plate like to half Apricocks and the next day cloſe the half Apricocks to the other, and when they are dry they will be as clear as Amber, and eat much better then Apricocks it ſelf.

To make Paſte of Pippins like leaves, and ſome like Plums, with their ſtones and ſtalks in them.

Take Pippins pared and coared, and cut in pieces and boyled tender, ſo ſtrain them, and take as much Sugar as the pulp doth weigh, and boyl it to a candy height, with as much Roſe water and fair water as will melt it, then put the pulp into the hot Sugar, and let it boyl untill it be as thick as Marmalet; then faſhion it on a Pie-plate, like Oaken leaves, and ſome like half Plums, the next day cloſe the half Plums together; and if you pleaſe you may put the ſtones and ſtalks in them, and dry them in an Oven, and if you will have them

them look green, make the Paſte when Pippins are green; and if you will have them look red, put a little Conſerves of Barbaries in the Paſte, and if you will keep any of it all the year, you muſt make it as thin as Tart ſtuffe, and put it in gally pots.

To make Paſte of Elecampane roots, an excellent remedy againſt the Cough of the Lungs.

Take the youngeſt Elecampane roots and boyl them reaſonably tender; then pith them and peel them, and ſo beat it in a Mortar, then take twice as much Sugar as the pulp doth weigh, and ſo boyl it to a Candy height, with as much Roſe water as will melt it; then put the pulp into the Sugar with the pap of a roaſted Apple, then let it boyl till it be thick, then drop it on a Pie-plate, and ſo dry it in an Oven till it be dry.

To make Paſte of Flowers of the colour of Marble taſting of naturall Flowers.

Take every ſort of pleaſing Flowers, as Violets, Cowſlips, Gilly-Flowers, Roſes or Marygolds, and beat them in a

a Mortar, each flower by it ſelf with Sugar, till the Sugar become the colour of the flower, then put a little Gum Dragon ſteept in water into it, and beat it into a perfect paſte; and when you have half a dozen colours, every flower wil l take of his nature, then rowl the paſte therein, and lay one piece upon another, in mingling ſort, ſo rowl your paſte in ſmall rowls as bigge and as long as your finger, then cut it off the bigneſſe of a ſmall nut, overthwart, and ſo rowl them thin, that you may ſee a knife through them, ſo dry them before the fire till they be dry.

To make paſte of Rasberries or Engliſh Currants.

Take any of the Frails, and boyl them tender on a Chafing-diſh of coals betwixt two diſhes and ſtrain them, with the Pap of a roaſted Apple, then take as much Sugar as the pulp doth weigh, and boyl to a Candy height with as much Roſe water as will melt it, then put the pulp into the hot Sugar, and let it boyl leiſurely till you ſee it as thick as Marmalet, then faſhion it on a Pie-plate, and put

put it into the Oven with two Billets of wood, that the plate touch not the bottome, and ſo let them dry leiſurely till they be dry.

To make Naples Bisket.

Take of the ſame ſtuffe the Mackaroons are made of, and put to it an ounce of Pinapple ſeeds in a quarter of a pound of ſtuffe, for that is all the difference between the Mackaroons and the Naples Biskets.

To make Italian *Biskets.*

Take a quarter of a pound of ſearſed Sugar, and beat it in an Alabaſter Mortar with the white of an Egge, and a little Gum Dragon ſteept in Roſe water, to bring it to a perfect paſte, then mould it up with a little Anniſeed and a grain of Musk; then make it up like Dutch bread, and bake it on a Pye-plate in a warm Oven, till they riſe ſomewhat high and white, take them out, but handle them not till they be throughly dry and cold.

To make Prince Biskets.

Take a pound of ſearſed Sugar, and a pound of fine Flower, eight Egges with two of the reddeſt yelks taken out, and ſo beat together one whole hour, then take you Coffins and Indoice them over with Butter very thin, then to it put an ounce of Anniſeeds fine dufted, and when you are ready to fill your Coffins, put in the Anniſeeds and ſo bake it in an Oven as hot as for Manchet, *&c.*

To make Marchpane to Ice and gild, and garniſh it according to art.

Take Almonds and blanch them out of ſeething water, and beat them till they come to a fine paſte in a ſtone Mortar, then take fine ſearſed Sugar and ſo beat it all together till it come to a perfect paſte, putting in now and then a ſpoonfull of Roſe water, to keep it from Oyling; then cover your Marchpane with a ſheet of paper, as big as a Charger, then cut it round by that charger, and ſet an edge about it as about a Tart, then bottom it with Wafers, then bake it in an Oven, or in a baking pan, and

and when it is hard and dry, take it out of the Oven and Ice it with Roſe water and Sugar, and the white of an Egge, being as thick as butter, and ſpread it over thin with two or three feathers. And then put it into the Oven again, and when you ſee it riſe high and white, take it out again and garniſh it with ſome pretty conceit, and ſtick ſome long Comfits upright in it, ſo gild it, then ſtrow Biskets and Caraways on it. If your Marchpane be oyly in beating, then put to it as much Roſe water as will make it almoſt as thin as to Ice.

Lorenges.

Take bloſſomes of flowers, and beat them in a bowl-diſh, and put them in as much clarified ſugar as may come to the colour of the cover, then boyl them with ſtirring, till it is come to Sugar again; then beat it fine, and ſearſe it, and ſo work it up to paſte, with a little Gum Dragon, ſteep it in Roſe water, then print it with your mould, and being dry keep it up.

To

To make Walnuts artificial.

Take ſearſed Sugar, and Cinamon, of quantity alike, work it up with a little Gum Dragon, ſteep it in Roſe water, and print it in a mould made like a Walnut ſhell. then take white Sugar plates, print it in a mould made like a Walnut kernell, ſo when they are both dry cloſe them up together with a little Gum Dragon betwixt, and they will dry as they lie.

To make Collops like Bacon of Marchpane.

Take ſome of your Marchpane paſte, and work it in red Sanders till it be red; then rowl a broad ſheet of white paſte, and the ſheet of red paſte, three of the white, and four of the red, and ſo one upon another in mingled ſorts, every red between, then cut it overthwart, till it look like Collops of Bacon, then dry it.

To make Artificiall Fruits.

Take a mould made of Alabaſter, three

three yelks, and tie two pieces together, and lay them in water an hour, and take as much Sugar as will fill up your mold, and boyl it in a *Manus Christi*, then pour it into your mold ſuddenly, and clap on the lid, round it about with your hand and it will be whole and hollow, then colour it with what colour you pleaſe, half red, or half yellow, and you may yellow it with a little Saffron ſteept in water.

Touching Preſerves and Pomanders.

To make an excellent Perfume to burn between two Roſe-leaves.

TAke an ounce of Juniper, an ounce of Storax, half a dozen drops of the water of Cloves, ſix grains of Muſk, a little Gum Dragon ſteept in water,

water, and beat all this to paſte, then rowle it in little pieces as big as peaſe, then put them betwixt two Roſe leaves, and ſo dry them in a diſh in an Oven, and being ſo dryed they will burn with a moſt pleaſant ſmell.

To make Pomander.

Take an ounce of Benjamin, an ounce of Storax, and an ounce of Laudanum, heat a Mortar very hot, and beat all theſe Gums to a perfect paſte; in beating of it put in ſix graines of Muſk, four graines of Sivet; when you have beaten all this to a fine paſte with your hands, with Roſewater, rowl it round betwixt your hands, and make holes in the beads, and ſo ſtring while they be hot.

To make an Ipſwitch Ball.

Take a pound of fine white Caſtill Sope, ſhave it thin in a pinte of Roſe water, and let it ſtand two or three dayes, then pour all the water from it, and put to it halfe a pinte of freſh water, and ſo let it ſtand one whole day, then pour out that, and put half

a pinte more, and let it ſtand a night more, then put to it half an ounce of powder called ſweet Marjoram, a quarter of an ounce of powder of winter Savory, two or three drops of the Oil of Spike, and the Oil of Cloves, three grains of Musk, and as much Ambergreeſe, work all theſe together in a fair Mortar, with the powder of an Almond Cake dryed, and beaten as ſmall as fine flowre, ſo rowl it round in your hands in Roſe water.

To make a ſweet ſmell.

Take the Maſte of a ſweet Apple tree being gathered betwixt the two Lady dayes, and put to it a quarter of Damask Roſe water, and dry it in a diſh in an Oven; wet it in drying two or three times with Roſe water, then put to it an ounce of Benjamin, an ounce of Storax Calamintæ; theſe Gums being beaten to powder, with a few leaves of Roſes, then you may put what coſt of ſmels you will beſtow as much Civet or Ambergreeſe, and beat it all together in a Pomander or a Bracelet.

Touching

Touching Wine.

To make Hypocras.

TAke four gallons of claret Wine, eight ounces of Cinamon, three Oranges, of Ginger, Cloves, and Nutmegs a ſmall quantity, Sugar ſix pound, three ſprigs of Roſemary, bruiſe all the ſpices ſomewhat ſmall and ſo put them into the Wine, and keep them cloſe ſtopped, and often ſhaked together a day or two, then let it run through a gelly bag twice or thrice with a quart of new Milk.

The Lady Thornburghs *Syrup of Elders.*

Take Elderberries when they be red, bruiſe them in a ſtone Mortar, ſtrain the juyce, and boyl it to a Conſumption of almoſt half; skum it very clear, take it

of the fire wileſt it is hot, put in Sugar to the thickneſſe of a ſyrup; put it no more on the fire, when it is cold put it into glaſſes, not filling them to the top, for it will work like Beer.

This cleanſeth the Stomach and Spleen, and taketh away all obſtructions of the Liver, by taking the quantity of a ſpoonfull in a morning, and faſting a ſhort time after it.

To make jelly of Raſpiſs the beſt manner.

Take the Raſpiſs and ſet them over the fire in a Poſſet: and gather out the thin juyce, the bottom of the skillet being cooled with fair water, and ſtrain it with a fine ſtrainer, and when you have as much as you will, then weigh it with Sugar, and boyl them till they come to a jelly, which you may perceive by drawing your finger on the back of the ſpoon.

To dry Foxskins.

Take your ſhe Fox skins, naile them upon a board as ſtrait as you can, then bruſh them as clean as you can, then

then take Aqua fortis, and put into it a ſix pence, and ſtill put in more as long as it will diſſolve it, then waſh your skin over with this water, and ſet it to dry in the Sun; and when it is dry, waſh it over with the ſpirits of wine; This muſt be done in hotteſt time of Summer.

Choice Secrets made known.

To make true Magiſtery of Pearl.

DIſſolve two or three ounces of fine ſeed Pearl in diſtilled Vinegar, and when it's perfectly diſſolved, and all taken up, pour the Vinegar into a clean glaſſe Baſon; then drop ſome few drops of Oyl of Tartar upon it, and it will caſt

down the Pearl into fine powder, then pour the Vinegar clean off ſoftly, then put to the Pearl clear Conduit or Spring water; pour that off and do ſo often untill the taſte of the Vinegar and Tartar be clean gone, then dry the powder of Pearl upon warm Embers, and keep for your uſe.

How to make hair grow.

Take half a pound of Aqua Mellis in the Spring time of the year, warm a little of it every morning when you riſe, in a Sawcer, and tie a little Spunge of a fine Box combe, and dip it in the water, and therewith moiſten the roots of the Hair, in combing it, and it will grow long, thick, and curled in a very ſhort time.

To write Letters of ſecrets that they be red without the directions following.

Take fine Allum, beat it ſmall, and put a reaſonable quantity of it into water, then write with the ſaid water.

The work cannot be read, but by ſleeping your Paper into fair running water.

You

You may likewiſe write with Vinegar, or the uſe of Limon or Onyon; if you would read the ſame, you muſt hold it before the fire.

How to keep Wine from ſowring.

Tie a piece of very ſalt Bacon on the inſide of your Barrell, ſo as it touch not the Wine, which will preſerve Wine from ſowring.

To take out ſpots of Greaſe or Oil.

Take bones of Sheeps feet, burn them almoſt to aſhes, then bruiſe them to powder, and put of it on the ſpot, and lay it in the Sun when it ſhineth hotteſt, when the powder becomes black lay one freſh in the place till it fetch out the ſpots, which will be done in a very ſhort time.

To make Hair grow black though of any colour.

Take a little Aqua fortis, put therein a groat or ſix pence, as to the quantity of the aforeſaid water, then ſet both to diſſolve before the fire, then dip a

ſmall Spunge in the ſaid water, and wet your beard or hair therewith, but touch not the skin.

King Edwards *Perfume.*

Take twelve ſpoonfuls of right red Roſe water, the weight of ſix pence in fine powder of Sugar, and boyl it on hot Embers and coals ſoftly, and the houſe will ſmell as though it were full of Roſes, but you muſt burn the ſweet Cypreſſe wood before, to take away the groſſe aire.

Queen Elizabeths *Perfume.*

Take eight ſpoonſuls of Compound water, the weight of two pence in fine powder of Sugar, and boyl it on hot Embers and coals ſoftly, and half an ounce of ſweet Marjoram dryed in the Sun, the weight of two pence of the powder of Benjamin. This perfume is very ſweet and good for the time.

Mr. Ferene *of the* New Exchange, *Perfumer to the Queen, his rare Dentifrice ſo much approved of at Court.*

Firſt take eight ounces of Irios roots, alſo four ounces of Pomiſtone, and eight ounces of Cutel bone, alſo eight ounces of Mother of Pearl, and eight ounces of Coral, and a pound of brown Sugar-candy, and a pound of Brick if you deſire to make them red; but he did oftner make them white, and then in ſtead of the Brick did take a pound of fine Alabaſter; all this being throughly beaten and ſifted through a fine ſearſe, the powder is then ready prepared to make up in a paſt, which muſt be done as follows

To make the ſaid powder into a paſte.

Take a little Gum Dragant and lay it in ſteep twelve hours, in Orange flower water or Damask Roſe water, and when it is diſſolved, take the ſweet Gum and grind it on a Marble ſtone with the aforeſaid powder, and mixing ſome crums of white bread, it will come into a paſte, the which you may make Dentifrices, of what ſhape or faſhion you pleaſe, but long rowles is the moſt commodious for your uſe.

The Receipt of the Lady Kents *Powder presented by her Ladyſhip to the Queen.*

Take white Amber, Crabs eyes, red Corral, Harts horn and Pearl, all prepared ſeverally, of each a like proportion, tear and mingle them, then take Harts horn Gelly, that hath ſome Saffron put into a bag, diſſolve into it while the gelly is warm, then let the gelly cool, and therewith make a paſte of the powders, which being made up into little bals, you muſt dry gently by the fire ſide. Pearl is prepared by diſſolving it with the juyce of Limons, Amber prepared by beating it to powder; ſo alſo Crabs eyes and Corrall, Harts horn prepared by burning it in the fire and taking the ſhires of it eſpecially, the pith wholly rejected.

A Cordiall water of Sir Walter Raleigh.

Take a Gallon of Strawberries, and put them into a pinte of Aqua vitæ, let them ſtand ſo four or five dayes, ſtrain them gently out, and ſweeten the water as you pleaſe, with fine Sugar; or elſe with perfume.

The

The Lady Malets *Cordiall water.*

Take a pound of fine Sugar beaten, and put to it a quart of running water, pour it three or four times through a bag; then put a pinte of Damask Roſe water, which you muſt alwayes pour ſtil through the bag, then four penny worth of Angelica water, four pence in Clove water, four pence of Roſa ſolis, one pinte of Cinamon water, or three pints and half of Aqua vitæ, as you finde it in taſte, put all theſe together three or four times through the bag or ſtrainer, and then take half an ounce of good Muskallis, and cut them groſſely, and put them into a glaſſe and fill them with the water, *&c.*

A Soverain water of Dr. Stephens *which he long time uſed, wherewith he did many cures; he kept it ſecretly till a little before his death, and then he gave it to the Lord Archbiſhop of* Canterbury *in writing, being as followeth,* viz.

Take a gallon of good Gaſcoine Wine,

Wine, and take Ginger, Gallingale, Cinamon, Nutmegs, Cloves, Grains, Aniſeeds, Fennilſeed, of every of them a dram, then take Caraway ſeed, of red Mints, Roſes, Thyme, Pellitory of the Wall, Roſemary, Wilde Thyme, Camomill, the leaves if you cannot get the flowers, of ſmall Lavendar, of each a handfull, then bray the ſpices ſmall, and bray the herbs, and put all into the Wine, and let it ſtand ſo twelve hours, ſtirring it divers times; then ſtill it in a Limbeck, and keep the firſt water, for it is beſt, then put the ſecond water by it ſelf, for it is good, but not of ſuch vertue, *&c.*

The Vertue of this water.

It comforts the Spirits Vitall, and helps all inward diſeaſes that come of cold, it is good againſt the ſhaking of the Palſey, it cures the contraction of the Sinews, helps the conception of women if they be barren, it kils the worms in the Belly and Stomach, it cures the cold Dropſey, and helps the ſtone in the Bladder, and in the Reins of the Back; it helps ſhortly the ſtinking breath, and whoſoever uſeth this water morning and evening (and not too often) it preſerveth

ſerveth him in good liking, and will make him ſeem young very long, and comforteth nature marvellouſly; with this water did Doctor *Stephens* preſerve his life, till extream age would not let him go or ſtand, and he continued five years, when all Phyſitians judged he could not live a year longer, nor did he uſe any other medicine but this, *&c.*

A Plague water to be taken one ſpoonfull every four hours with one ſweat every time.

Take Scabious, Betony, Pimpernel, and Turmentine roots, of each a pound, ſteep theſe all night in three gallons of ſtrong Beer, and diſtill them all in a Limbeck, and when you uſe it, take a ſpoonfull thereof every four hours, and ſweat well after it, draw two quarts of water, if your Beer be ſtrong, and mingle them both together.

Poppy water.

Take four pound of the flower of Poppies well pickt and ſifted, ſteep them all night in three gallons of Ale that is ſtrong, and ſtill it in a Limbeck, you may

may draw two quarts, the one will be ſtrong and the other will be ſmall, *&c.*

A water for a Conſumption, or for a Brain that is weak.

Take Cream (or new Milk) and Claret Wine, of each three pints, of Violet flowers, Bugles, and Borrage flowers of each a ſpoonfull, Comfrey, Knotgraſs, and Plantaines, of theſe half a handfull, three or four Pomewaters ſliced, a ſtick of Liquorice, ſome Pompion ſeeds and ſtrings, put to theſe a Cock that hath been chaſed and beaten before he was killed, dreſſe it as to boyl and parboyl it uutill there be no bloud in it, then put them in a pot, and ſet them over your Limbeck, and the ſoft fire, draw out a pottle of water, then put your water in a Pipkin over a Charcole fire, and boyl it a while, diſſolve therein ſix ounces of white Sugar candy, and two penny weight of Saffron, when it is cold ſtrain it into a glaſſe, and let the Patient drink three or four ſpoonfuls three or four times a day blood-warm, your Cocke muſt be cut into ſmall pieces, and the bones broken, and in caſe the flowers and herbs are hard to come by, a ſpoonfull of their ſtilled waters are to be uſed.

Ano-

Another for the ſame.

Take a pottle of good Milk, one pint of Muskadine, half a pinte of red Roſe water, a penny Manchet ſliced thin, two handfuls of Rayſins of the Sun ſtoned, a quarter of a pound of fine Sugar, ſixteen Egges beaten, mixe all theſe together, then diſtill them in a common Still with a ſoft fire, then let the Patient drink three or four ſpoonfuls at a time blood-warme being ſweetned with Manus Chriſti made with Corrall and Pearl, when your things are all in the Still, ſtrew four ounces of Cinamon beaten, this water is good to put in broth, *&c.*

A good Stomach Water.

Take a quart of Aqua Compoſita, or Aqua vitæ (the ſmaller) and put into it one handfull of Cowſlip flowers, a good handfull of Roſemary flowers, ſweet Marjoram, a little of Pellitory of Wall, a little Betony and Balm, of each a little handfull, Cinamon half an ounce, Nutmegs a dram, Aniſeeds, Coriander

riander ſeeds, Caroway ſeeds, Gromel ſeeds, Juniper berries, of each a dram, bruiſe the ſpice and ſeed, and put them into Aqua Compoſita, or Aqua vitæ, with your Hearbs together, and put into them a pound of very fine Sugar, ſtir them well together, and put them into a glaſſe, and let it ſtand in the Sun nine dayes, and ſtir it every day; two or three Dates, and a little race of Ginger ſliced into it will make it the better, eſpecially againſt wind, *&c.*

A bagge of purging Ale.

Take of Agrimony, Speedwell, Liverwort, Scurvy graſſe, Water Creſſes of each a handfull, of Monk, of Rhubarb and red Madder, of each half a pound, of Horſe Radiſhes three ounces, Liquorice two ounces, Saſſafrage four ounces, Sena ſeven ounces, ſweet Fennil ſeeds two drams, Nutmegs four: pick and waſh your hearbs and roots, and bruiſe them all in a Morter, and put them in a bag made of a Bolter, and ſo hang them in three gallons of Middle Ale, and let it work in the Ale, and after three dayes you may drink of it as you ſee occaſion, *&c.*

The

The Ale of Health and Strength, by Vicount St. Albans.

Take Saſſafras wood half an ounce, Sarſaparilla three ounces, white Sanders one ounce, Chamapition an ounce, China root half an ounce, Mace a quarter of an ounce, Chamapition an ounce, cut the wood as thin as may be with a knife into ſmall pieces, and bruiſe them in a Mortar; put to them theſe ſorts of hearbs, (*viz.*) Cowſlip flowers, Roman Wormwood, of each a handfull, of Sage, Roſemary, Betony, Mugwort, Balm and ſweet Marjoram of each half a handfull, of Hops, boyl all theſe in ſix gallons of Ale till it come to four, then put the wood and hearbs into ſix gallons of Ale of the ſecond Wort, and boyl it till it come to four, let it run from the dregs, and put your Ale together, and tun it as you do other purging Ale, *&c.*

A water excellent good againſt the Plague.

Take three pintes of Malmſey, or Muſkadine, of Sage and Rue of each one

one handfull, boyl them together gently to one pinte, then ſtrain it and ſet it on the fire again, and put to it one penny worth of long Pepper, Ginger four drams, Nutmegs two drams, all beaten together, then let it boyl a little, take it off the fire, and while it is very hot, diſſolve therein ſix penny worth of Mithridate, and three penny worth of Venice Treacle, and when it is almoſt cold put to it a pinte of ſtrong Angelica water, or ſo much Aqua vitæ, and ſo keep it in a glaſſe cloſe ſtopped.

A Cordial Cherry water.

Take a pottle of Aqua vitæ, two ounces of ripe Cherries ſtoned, Sugar one pound, twenty four Cloves, one ſtick of Cinamon, three ſpoonfuls of Aniſeeds bruiſed, let theſe ſtand in the Aqua vitæ fifteen dayes, and when the water hath fully drawn out the Tincture, pour it off into another glaſſe for your uſe, which keep cloſe ſtopped, the ſpice and the Cherries you may keep, for they are very good for wind in the Stomach.

The Lord Spencers *Cherry water.*

Take a pottle of new Sack, four pound of through ripe Cherries ſtoned, put them into an earthen pot, to which put an ounce of Cinamon, Saffron unbruiſed one dram, tops of balm, Roſemary or their flowers, of each one handfull, let them ſtand cloſe covered twenty four hours, now and then ſtirring them: then put them into a cold Still, to which put of beaten Amber two drams, Coriander ſeed one ounce, Alkerms one dram, and diſtill it leiſurely, and when it is fully diſtilled put to it twenty grains of Musk. This is an excellent Cordiall, good for Faintings and Swoundings, for the Crudities of the Stomach, Winde and ſwelling of the Bowels, and divers other evill ſymptomes in the Body of Men and Women.

The herbs to be diſtilled for Uſquebath.

Take Agrimony, Fumitory, Betony, Bugloſſe, Wormwood, Harts tongue, Carduus Benedictus, Roſemary, Angelica,

lica, Tormentill, of each of these for every gallon of Ale one handfull, Aniseeds and Liquorice well bruised half a pound. Still all these together, and when it is stilled you must infuse Cinamon, Nutmeg, Mace, Liquorice, Dates, and Raysins of the Sun, and Sugar what quantity you please. The infusion must be till the colour please you.

Dr. Kings *way to make Mead.*

Take five quarts and a pinte of water, and warm it, then put one quart of Honey to every gallon of liquor, one Limon and quarter of an ounce of Nutmegs; it must boyl till the skum rise black, that you will have it quickly ready to drink, squeeze into it a Limon when you Tun it. It must be cold before you Tun it up.

To make syrup of Rasberries.

Take nine quarts of Rasberries, clean pickt and gathered in a dry day, and put to them four quarts of good Sack, into an earthen pot, then paste it up very close, and set it in a cellar for ten days, then

then distill it in a glasse or Rose Still, then take more Sack and put in Rasberries to it, then when it hath taken out all the colour of the Raspis, strain it out, and put in some fine Sugar to your taste, and set it on the fire, keeping it continually stirring till the scum do rise, then take it off the fire, let it not boyl, skim it very clean, and when it is cold put it to your distilled Raspis; but colour it no more then to make it a pale Claret Wine. This put into bottles or glasses stopt very close.

To make Limon water.

Take twelve of the faireſt Limons, slice them and put them into two pintes of white Wine, and put to them Cinamon two drams, Gallingale two drams, of Rose leaves, Borage and Bugloſſe flowers of each one handfull, of yellow Sanders one dram; steep all these together twelve hours, then distil them gently in a glasse Still untill you have distilled one pinte and a halfe of the water, and then adde to it three ounces of Sugar, one grain of Ambergreese, and you will have a most pleasing

ſing cleanſing Cordiall water for many uſes.

To make Gillyflower wine.

Take two ounces of dryed Gilly-flowers, and put them into a pottle of Sack, and beat three ounces of Sugar-candy, or fine Sugar, and grind ſome Ambergreeſe, and put it in the bottle and ſhake it oft, then run it through a gelly bag, and give it for a great Cordial after a weeks ſtanding or more. You make Lavender Wine as you do this.

The Lady Spotſwoods *Stomach water.*

Take white Wine one pottle, Roſemary and Cowſlip flowers, of each one handfull, as much Betony leaves, Cinamon and Cloves groſſely beaten, of both one ounce, ſteep all theſe three dayes, ſtirring it often; then put to it Mithirdate four ounces, and ſtir it together, and diſtill it in an ordinary Still.

Water

Water of Thyme for the paſſion of the heart.

Take a quart of white Wine, and a pinte of Sack, ſteep in it as much broad Thyme as it will wet, put to it of Galingale and Calamus Aromaticus, of each one ounce, Cloves, Mace, Ginger, and grains of Paradiſe two drams, ſteep theſe all night, the next morning diſtill it in an ordinary Still, drink it warm with Sugar.

A Receipt to make Damnable Hum.

Take ſpecies de Gemmis, Aromaticum Roſatum, Diarhodon Abbatis, Lætificans Galeni, of each four drams, Loaf Sugar beaten to powder half a pound, ſmall Aqua vitæ three pintes, ſtrong Angelica water one pinte; mix all theſe together, and when you have drunk it to the dregs, you may fill it up again with the ſame quantity of waters. The ſame powders will ſerve twice, and after twice uſing it muſt be made new again.

An admirable water for ſore eyes.

Take Lapis Tutiæ, Aloes Hepatica, fine hard Sugar, of each three drams, beat them very ſmall, and put them into a glaſſe of three pintes, to which put red Roſe water and white Wine, of each one pinte; ſet the glaſſe in the Sun in the month of *July* for the whole month, ſhaking it twice in a day for all that while; then uſe it as followeth; put one drop thereof into the Eye in the evening when the party is in bed, and one drop in the morning an hour before the patient riſeth: Continue the uſe of it till the eyes be well. The older the water, the better it is. Moſt approved.

A Snail water for weak Children and old people.

Take a pottle of Snailes, and waſh them well in two or three waters, and then in ſmall Beer, bruiſe them ſhels and all, then put them into a gallon of red Cows Milk, red Roſe leaves dried, the whites cut off, Roſemary, ſweet Mar-

Marjoram, of each one handful, and ſo diſtill them in a cold ſtill, and let it drop upon powder of white Sugarcandy in the receiver; drink of it firſt and laſt, and at four a clock in the afternoon, a Wine glaſſe full at a time.

Clary water for the back, ſtomach, &c.

Take three gallons of midling Bear, put it in a great braſſe pot of four gallons, and put to it ten handfuls of Clarey gathered in a dry day, Rayſins of the Sun ſtoned three pounds, Anniſeeds and Liquorice of each four ounces, the whites and ſhels of twenty four Egges, or half ſo many if there be not ſo much need in the Back, the ſhels ſmall, and mix them with the whites; put to the bottoms of three white loaves; put into the receiver one Pound of white Sugarcandy, or ſo much fine loaf Sugar beaten ſmall, and diſtill it through a Limbeck, keep it cloſe, and be ſeldom without it, for it reviveth very much the Stomach and Heart, ſtrengtheneth the Back, procureth Appetite and digeſtion, driveth away melancholy, ſadneſs and heavineſs of the Heart, &c.

Dr. Montfords *Cordiall water.*

Take Angelica leaves twelve handfuls, ſix leaves of Carduus Benedictus, Balm and Sage, of each five handfuls, the ſeeds of Angelica and ſweet Fennil, of each five ounces bruiſed, ſcraped and bruiſed Liquorice twelve ounces, Aromaticum Roſatum, Diamoſcus dulcis, of each ſix drams: the hearbs being cut ſmall, the Seeds and Liquorice bruiſed, infuſe them into two Gallons of Canary Sack for twenty four houres, then diſtill it with a gentle fire, and draw off only five pintes of the Spirits, which mix with one pound of the beſt Sugar diſſolved into a Syrup in half a pinte of pure red Roſe-water.

Aqua Mirabilis Sir Kenelm Digbies *way*

Take Cubebs, Galingale, Cardamus, Melilot flowers, Cloves, Mace, Ginger, Cinamon, of each one dram bruiſed ſmall, Juyce of Celandine one pinte, juyce of Spearmint half a pinte, juyce of Balm half a pinte, Sugar one pound, flower of Cowſlips, Roſemary,

Borage

Borage, Bugloſſe, Marigolds, of each two drams, the beſt Sack three pintes, ſtrong Angelica water one pinte, red Roſe water half a pinte, bruiſe the Spices and Flowers, and ſteep them in the Sack and juyces one night, the next morning diſtill it in an ordinary or glaſſe Still, and firſt lay Harts tongue leaves in the bottom of the Still.

The virtues of the precedent water.

This water preſerveth the Lungs without grievances, and helpeth them; being wounded, it ſuffereth not the bloud to putrefie, but multiplieth the ſame; this water ſuffereth not the Heart to burn, nor melancholy, nor the Spleen, to be lifted up above Nature, it expelleth the Rhume, preſerveth the Stomach, conſerveth Youth, and procureth a good colour, it preſerveth Memory, it deſtroyeth the Palſey; if this be given to one a dying, a ſpoonfull of it reviveth him; in the Summer uſe one ſpoonfull a week faſting, in the Winter two ſpoonfuls.

A water for fainting of the Heart.

Take Bugloſſe and red Roſe water,

of each one pinte, Milk half a pinte, Anniſeeds and Cinamon groſſely bruiſed of each half an ounce, Maiden hair two handfuls, Harts tongue one handfull, both ſhred, mix all together, and diſtill it in an ordinary Still, drink of it morning and evening with a little Sugar.

A Surfeit water.

Take half a buſhell of red Corn Poppy, put it into a large diſh, cover it with brown Paper, and lay another diſh upon it, ſet it in an Oven after brown bread is baked divers times till they be dry, which put into a pottle of good Aqua vitæ, to which put Rayſins ſolis ſtoned half a pound, ſix Figs ſliced, three Nutmegs ſliced, two flakes of Mace bruiſed, two races of Ginger ſliced, one ſtick of Cinamon bruiſed, Liquorice ſliced one ounce, Anniſeed, Fennill ſeed, and Cardamums bruiſed, of each one dram; put all theſe into a broad glaſs body, and lay firſt ſome Poppy in the bottom; then ſome of the other Ingredients, then Poppy again, and ſo till the glaſſe be full, then

then put in the Aqua vitæ, and let it infuſe till it be ſtrong of the ſpices, and very red with the Poppy, cloſe covered, of the which take two or three ſpoonfuls upon a Surfeit, and when all the liquor is ſpent, put more Aqua vitæ to it, and it will have the ſame effect the ſecond time, but no more after.

Dr. Butlers *Cordiall water againſt Melancholy*, &c. *Moſt approved.*

Take the flowers of cowſlips, Marigolds, Pinks, Clove gillyflowers, ſingle ſtock Gillyflowers of each four handfuls, the flowers of Roſemary, and Damask Roſes of each three handfuls, Borage and Bugloſs flowers, and Balm leaves, of each two handfuls; put them in a quart of Canary Wine into a great bottle or jugge cloſe ſtopped with a cork, ſometimes ſtirring the flowers and wine together, adding to them Anniſeeds bruiſed one dram, two Nutmegs ſliced, Engliſh Saffron two pennyworth; after ſome time infuſion, diſtill them in a cold Still with a hot fire, hanging at the Noſe of the Still

Ambergreese and Musk, of each one grain: then to the distilled water put white Sugar-candy finely beaten six ounces, and put the glasse, wherein they are, into hot water for one hour. Take of this water at one time three spoonfuls thrice a week, or when you are ill. It cureth all Melancholy fumes, and infinitely comforts the Spirits.

The admirable and most famous Snail water.

Take a peck of garden shell Snails, wash them well in small Beer, and put them in a hot Oven till they have done making a noise, then take them out, and wipe them well from the green froth that is upon them, and bruise them shels and all in a stone Mortar, then take a quart of Earth worms, scowre them with Salt, slit them and wash them well with water from their filth, and in a stone Mortar beat them to pieces, then lay in the bottom of your distilled pot Angelica two handfuls, and two handfuls of Celandine upon them, to which put two quarts of Rosemary flowers, Bears foot, Agrimony, red Dock roots,

Bark

Bark of Barberries, Betony, wood Sorrel, of each two handfuls, Rue one handfull; then lay the Snails and Worms on the top of the hearbs and flowers, then pour on three Gallons of the ſtrongeſt Ale, and let it ſtand all night, in the morning put in three ounces of Cloves beaten, ſix penny worth of beaten Saffron, and on the top of them ſix ounces of ſhaved Harts horne, then ſet on the Limbeck and cloſe it with paſte, and ſo receive the water by pintes, which wil be nine in all, the firſt is the ſtrongeſt, whereof take in the morning two ſpoonfuls, in four ſpoonfuls of ſmall Beer, and the like in the afternoon; you muſt keep a good diet, and uſe moderate exerciſe to warm the bloud.

This water is good againſt all obſtructions whatſoever. It cureth a Conſumption and Dropſie, the ſtopping of the Stomach and Liver. It may be diſtilled with Milk for weak people, and children, with Harts tongue and Elicampane.

A ſingular Mint water.

Take a ſtill full of Mints, put Balm and Pennyroyall of each one good handfull, ſteep them in Sack or Lees of Sack, twenty four houres, ſtop it cloſe, and ſtir it now and then: Diſtill it in an ordinary Still with a very quick fire, and keep the Still with wet cloaths, put into the Receiver as much Sugar as will ſweeten it, and ſo double diſtill it.

Diſtillings.

A moſt excellent Aqua Cœleſtis taught by Mr. Philips *Apothecary.*

TAke of Cinamon one dram, Ginger half a dram, the three ſorts of Saunders, of each of them three quarters of an ounce, Mace and Cubebs of each of them one dram, Cardamon the bigger and

and leſſer, of each three drams, Setwell roots half an ounce, Anniſeed, Fennilſeed, Baſilſeed, of each two drams, Angelica roots, Gillyflowers, Thyme, Calamint, Liquorice, Calamus Maſterwort, Pennyroyalll, Mint, Mother of Thyme, Marjoram, of each two drams, red Roſe ſeed, the flowers of Sage and Betony, of each a dram and a half, Cloves, Galingall, Nutmegs, of each two drams, the flowers of Stechados, Roſemary, Borage, and Bugloſſe flowers, of each a dram and half, Citron rindes three drams, bruiſe them all, and put in theſe Cordiall powders, Diamber Aromaticum, Diamuſcum, Diachoden, the ſpices made with pearl, of each three drams; infuſe all theſe in twelve pints of Aqua vitæ, in a glaſſe cloſe ſtopped, for fifteen dayes, often ſhaking it, then let it be put in a Limbeck cloſe ſtopped, and let it be diſtilled gently; when you have done, hang it in a cloth, two drams of Musk, half a dram of Ambergreeſe, and ten or twelve grains of gold, and ſo receive it to your uſe.

Hypocras taught by Dr. Twine *for winde in the ſtomach.*

Take Pepper, Grains, Ginger, of each half an ounce, Cinamon, Cloves, Nutmegs, Mace, of each one ounce groſſely beaten, Roſemary, Agrimony, both ſhred, of each a few crops, red Roſe leaves a pretty quantity, as an indifferent gripe, a pound of Sugar beaten; lay theſe to ſteep in a gallon of good Rheniſh or White wine, in a cloſe veſſell, ſtirring it two or three times a day the ſpace of three or four dayes together, then ſtrain it through an Hypocras ſtrainer, and drink a draught of it before meat halfe an hour, and ſometimes after to help digeſtion.

Marigold flowers diſtilled, good for the pain of the Head.

Take Marigold flowers and diſtill them, then take a fine cloth and wet it in the aforeſaid diſtilled water, and ſo lay it to the forehead of the Patient, and being ſo applyed, let him ſleep if he can: this with Gods help will ceaſe the pain.

A Water good for Sun-burning.

Take water drawne off the Vine dropping, the flowers of white Thorn, Bean flowers, Water Lillyflowers, Garden Lillyflowers, Elder flowers, and Tanſie flowers, Althea flowers, the whites of Egges, French Barley.

The Lady Giffords *Cordiall water.*

Take four quarts of Aqua vitæ, Borage and Poppy water, of each a pinte, two pound of Sugar-candy, one pound of Figges ſliced, one pound of Rayſins of the Sun ſtoned, two handfuls of red Roſes, clipped and dryed, one handfull of red Minte, half a handfull of Roſemary, as much of Hyſope, a few Cloves, put all theſe in a great double glaſſe cloſe ſtopped, and ſet it in the Sun three Months, and ſo uſe it.

A water for one Penſive and very ſick, to comfort the heart very excellent.

Take a good ſpoonfull of Manus Chriſti beaten very ſmall into powder, then take a quarter of a pound of very fine Sugar, and beat it ſmall, and ſix ſpoonfuls of Cinamon water, and put to it, and ten ſpoonfuls of red Roſe water, mingle all theſe together, and put them in a diſh, and ſet them over a ſoft fire five or ſix walmes, and ſo let it be put into a glaſſe, and let the party drink thereof a ſpoonfull or two as he ſhall ſee cauſe.

To perfume Water.

Take Malmeſey or any kind of ſweet water, then take Lavender, Spike, ſweet Marjoram, Balme, Orange peeles, Thyme, Baſill, Cloves, Bay leaves, Woodbine flowers, red and white Roſes, and ſtill them all together.

FINIS.

The Table.

A

Aches to take away, 38. 41. 72. 108. 153. 156. 157. 184.
Abortion to prevent, 121.
After-birth to bring away, 159. 160.
Ague of all sorts to cure, 16. 32. 52. 57. 127. 161.
Ague in womens breast, 110. 167.
Ale to purge most excellent, 2. 280. 281.
Ambergreese the tincture to make, and use, 24.
Appetite to help, 50. 61. 184.
Appoplex to cure, 236.
Aqua mirabilis to make, 290.
Almond milke to make, 82. 83. 108.

B

Back to ſtrengthen, 66.135.184.191.289.
Backs heat to coole. 94.95.
Balſam moſt excellent, with its uſe, 95. 123.
Belly-ake to cure, 184.
Belly hard to diſſolve, 155.
Biles and Botches to cure, 81.89.112.152. 188.
Bloud to clenſe, 10.148.161.
Biting of a mad dog, 41.152.154.
Bloody flux to help, 42. 106. 108. 130. 184.
Bleeding at noſe to ſtanch, 163.
Bladder to clenſe, 169.237.
Bones out of joynt to ſet, 104. 153. 189.
Breaths ſhortneſſe to remedy, 5.
Breath that ſmels, to ſweeten, 53.111.196. 276.
Brain to ſtrengthen, 17.86.196.236.
Burning to help, 60.77.78.95. 104. 125. 149. 162. 189.
Breaſts ſore to cure, 85.90.91.109.110. 117.147.
Bruiſes to cure, 36. 38. 90. 104. 122. 125. 144. 156. 184. 188.

Burſten to remedy, 145.
Balſam Luccatelloes to make, and its virtues, 179.

C

CAnker in the mouth to cure, 36.41. 152.
Cancer to prevent and remedy, 110.125.
Caſtoreum, to make the ſpirit of it, 20.
Choler to purge, 49.102.176.177.233.
Child to bring again when born, 159.
Conſumption to cure, 3.9.10.14.22.34.42. 123. 186. 299. 278. 279.295.
Cold to help, 27 88.164.306.
Cough to take away, 55.56.59.62.63.100. 164.
Conception to help, 88.168.184.235 276.
Coſtiveneſſe to remove, 159.
Colick to cure, 44. 63.96.99.105.125.166. 170.
Cornes to take away, 104 146.
Crampe to cure, 141.
Cordials moſt excellent, 7.14.274.275.285. 290.
Conſerves of all ſorts to make, and their virtues, 234.235.236.

Deafneſſe

D

Deafneſſe to help, 45.105.162.
Dead fleſh to prevent, 152.
Digeſtion to procure, 6.15.50.125.196. 244.
Dropſie to cure, 11. 16.42.52.64.276. 295.

E

Eyes ſore to cure, 28.147.148.189. 288.
Eyes full of Rheume, 18.32.110.181.
Eyes weak to ſtrengthen, 130.184.
Eyes having a pin or web, 171.172.
Eyes redneſſe to take away, 171.173.181.

F

Face ſweld to aſwage, 13.
Faces redneſſe and pimples to cure, 41.53. 54.173.180.
Face fair to make, 115.180.
Faintneſſe to take away, 86.133 283.291.
Falling ſickneſſe to cure, 49.88.142.237.
Fevers all ſorts to remove, 2.12.25.61.98. 128.132.
Feſters in the fleſh to cure, 41.

Fellons to cure, 41,48.102.184.
Fire to take out, 189.
Fistula to cure, 70 79.117.152.
Finger sore to heal, 81.
Flux or looseneſſe to ſtay, 130.
Freckles to take away, 146

G

Gascony pouder to make, 187.
Gowte to cure, 42.50.77.88.140.156.
Golden colour without gold to make, 114.
Green ſickneſſe to cure, 69.85.
Gravell to clenſe, 185.

H

Hair to grow thick, 100.270.
Hair to take away, 55.
Hardneſſe to diſſolve, 189.
Heart to chear, 52.87.235.
Heads lightneſſe in ſickneſſe, 72.
Head-ach to cure, 41. 96. 120. 125.235.
Head breaking out in children, 148.
Hearts paſſion to take away, 98.287.
Heartburn to cure, 291.
Humours watery to purge, 102.184.
Humours hot to coole, 177.

I

Jaundies black and yellow to cure, 16.73.
74.105.
Impostumes to cure, 42.89.112.152.184.
Inflamations to prevent 189.
Joints to heate, 188.
Iron to keep from rust, 113.
Itch to cure 32 77.
Juice of Liquorice to make, 307.

K

Kidnies ulceration to cure, 50.
Kidnies swolne to take away, 56.
Kidnies to coole and clense, 83.
Kings evill to cure, 117.

L

Labour in women to quicken, 86.119.130
Liver to strengthen and cool, 17.68.91.
93.184.268.295.
Looseness to help, 80.143.
Lungs to clense, 44.47.59.62.291.

M

Mangie in a dog to cure, 120.
Melancholy to suppresse, 4.23.52.164.
165.177.291.293.
Measles to cure, 29.107.236.
Meade to make, 284.
Memory to preserve, 291.
Megrum to cure, 119.
Milke in women to increase, 35.113.
Milke to dry up, 174.
Miscarriage in women to prevent, 46.121.
Mothers rising to prevent, 20.63.
Mouth to keep moist, 132.
Morphew to take away, 146.

N

Navels coming out to help, 109.
Nipple to skin when raw, 174.175.
Nipple to make when none, 175.
Noses rednesse to take away, 54.

O

Obstructions to open, 10.68.236.268.295
Oil of Excester to make 75.156.
Oil of Mustard seed to make, and use, 77.

Oil of Fennel to make, and use, 77.
Oil of Rue to make, and its use, ibid.
Oil of Cammomile to make, and use, ibid.
Oil of St. Johns-wort to make, and use, 131. 190.
Oil of Swallows to make, 182.
Ointment green to make, 97.117.158.
Oximel Compositum to make, 67.

P

Palsie to cure, 6 16.42.52.77.88.276. 291.
Plaister Paracelsus to make, and virtues, 150.
Plaister called Leaden plaister to make, and use, 183.
Paines to asswage, 153.189.
Phlegme to void, 44 49.52.57.68.102.142.
Plague to prevent and cure, 2.9.12.17.24. 25.30.31.33.39 40.67.78.106. 107.125.142.277.281.
Piles to cure, 36.42.43.101.184.
Powder of the Lady Kents *to make,* 274.
Powder most excellent to make, 19.74.
Small-pox, excellent remedies, 2.12.29.107.
And to prevent pitting, 135.136.137.138. 139.140.
And to prevent infection, 140.
Pricking with a pin or thorne, 103.

Poma-

Pomatum to make, 312.
Purging drink moſt excellent, 68.
Purge of Dr. Mayherns, 180.
Purples to cure, 82.
Puſhes to break and heal, 184.

R

Rhewm to ſtay, 47.57.58.100.291.
Reines to purge, 68.88.237.276.
Reſt to procure, 233.
Rickets to cure, 126.127.
Rupture to cure, 129.
Running of the Reines to cure, 184.

S

Saffron water to make, 18.
Scabs to dry up, 42.
Sciatica to cure, 101.156.
Salve called the chief of Salves, and its virtues, 41.
Scurvy to cure, 149.185.
Scalding to cure, 60. 77. 78.95.104.125. 149. 162.
Shingles to cure, 153.
Sinewes to ſtrengthen, 86.88.95.152.189. 276.
Stinging of an Adder or Waſpe, 154.

Syrup

Syrup of Turnips to make, and use, 19.
Syrup of Citron peels to make, 9.28.
Syrup of Pairmains to make, 23.
Syrup of Limons to make, 28.
Syrup of Hyſop to make, 206.
Syrup of Gilly-flowers, 205.
Skin to bring, 189.
Silver letters without ſilver to make, 114.
Serpents bitings to cure, 131.
Sleep to procure, 60.101.
Snail water to make, and its virtues, 294.
Spitting of bloud to remedy, 234.
Straines to cure, 131.
Speech in ſickneſſe to move, 71.72.
Splinters and thornes to draw forth, 41.
Spirits to revive, 18.88.276.293.
Spleen diſtempers to rectifie, 16. 41. 66. 68. 123. 164. 165. 236. 268. 291.
Soundingfits to cure, 20.86.133.283.
Soundingfits after childbirth, 118.
Sores of all ſorts to cure, 111.117.152.188.
Stopping of the Stomach, 5.49.63.168.161. 235.236.268.
Stomach cold to warme, 15.17.35.
Stomach hot to cool, 234.
Stomach weak to ſtrengthen, 20.57.121.128. 179.283.286.295.
Stone in the Kidnies to cure, 7.8.99.

Stone in the Bladder, 8.21.33.45.50.52.59.
84.88.94.163.166.168.
170.185.191.276.
Strangury to help, 168.191.
Strains to remedy, 122.
Stiches to cure, 65.96.112.125.
Sweating to prevent, 16.
Sweating to provoke, 67.
Swallow to help, 51.
Swelling to ſwage, 36.42.104.108.157.
184.188.189.
Surfeits to cure, 107.125.292.

T.

TAſt to reſtore, 61.
Tetter to cure, 22.174.
Tearmes to provoke, 184.
Teeth to make come without pain, 47.
Teeth to preſerve, 192.
Tooth-ach to cure, 88.192.
Thornes to draw out, 41.
Throwes after birth to eaſe, 118.
Thruſh in the mouth to remedy, 36.
Throat ſore to cure, 44.233.
Tumours to allay, 42.
Tiſſick to help, 77.
Tympany to remedy, 65.

U

VEnome to drive from the heart, 2.
Vlcers to fill with flesh, 189.
Vomiting to stay, 133.
Vrine sharpe to cure, 182.
Vrine to provoke, 68.99.
Vvula to draw up, 52.

W

WAter to hold, 91.
Water very pretious. 27.
Dr. Stephens *his Water,* 21.
Warts to take away, 145.
Wen to cure, 144.
Wind to expell, 30 35.77.86.122.125.160. 196.282.283.
Wormes to kill and avoid, 46.49.76.88.89. 116.123.176.276.
Wounds to heal, 38. 41. 90. 95. 103. 112. 115.122.125.131.152.163. 179.181 188 189.
Wrench to cure, 36.42.

Y

YOuth to preserve, 88.276.291.

FINIS.

THE COMPLEAT COOK.

Expertly prescribing the most ready wayes,

Whether, { *Italian*, *Spanish*, or *French*,

For dressing of *Flesh*, and *Fish*, Ordering of *Sauces*, or making

OF

PASTRY.

LONDON
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THE COMPLEAT COOK:

Expertly preſcribing the moſt ready wayes, whether *Italian*, *Spaniſh*, or *French*, for dreſſing of *Fleſh* and *Fiſh*, &c.

To make a Poſſet, the Earl of Arundels *Way.*

TAke a quart of Cream, and a quarter of a Nutmeg in it, then put it on the fire, & let it boyle a little while, and as it is boyling take a Pot or Baſon, that you mean to make your Poſſet in, and put in three ſpoonfuls of Sack, and ſome eight of

Ale, and ſweeten it with Sugar, then ſet it over the coles to warm a little while, then take it off and let it ſtand till it be almo cool, then put it into the Pot or Baſo and ſtir it a little, and let it ſtand to ſimpe over the fire an hour or more, for th longer the better.

To boyle a Capon larded with Lemons.

TAke a fair Capon and truſs him, bo him by himſelfe in faire water with little ſmall Out-meal, then take Mutto Broth, and half a pint of White-wine, bundle of Herbs, whole Mace, ſeaſon with Vergis, put Marrow, Dates, ſeaſo it with Sugar, then take preſerved Lemo and cut them like Lard, and with a larding pin, lard it in, then put the capon in a dee Diſh, thicken your broth with Almond and poure it on the Capon.

To bake Red Deere.

PArboyl it, and then fauce it in Vineg then Lard it very thick, and ſeaſon with Pepper, Ginger and Mutmegs, put into a deep Pye with good ſtore of ſwe Butter, and let it bake, when it is bake take a pint of Hippocras, half a poun

of ſweeet butter, two or three Nutmegs, little Vinegar, poure it into the Pye in the Oven and let it lye and ſoake an hour, then take it out, and when it is cold ſtop the vent hole.

To make fine Pan-cakes fryed without Butter or Lard.

TAke a pint of Cream, and ſix new laid Egs, beat them very well together, put in a quarter of a pound of Sugar, and one Nutmeg or a litttle beaten Mace (which you pleaſe) and ſo much flower as will thicken almoſt as much as ordinarily Pan-cake butter; your Pan muſt be heated reaſonably hot & wiped with a clean Cloth, this done pnt in your Batter as thick or thin as you pleaſe.

To dreſſe a Pig the French manner.

TAke it and ſpit it, & lay it down to the fire, and when your Pig is through warme, skin her, and cut her off the Spit as another Pig is, and ſo divide it in twenty peeces more or leſſe as you pleaſe; when you have ſo done, take ſome White-wine and ſtrong broth, and ſtew it therein, with an Onion or two mixed very ſmall, a little

Time alſo minced with Nutmeg ſliced and grated Pepper, ſome Anchoves and Elder Vinegar, and a very little ſweet Butter, and Gravy if you have it, ſo Diſh it up with the ſame Liquor it is ſtewed in, with French Bread ſliced under it, with Oranges and Lemons.

To make a Steake Pye with a French Pudding in the Pye.

SEaſon you Steaks with Pepper & Mus megs, and let it ſtand an hour in a Tray then take a peece of the leaneſt of a Leg of Mutton and mince it ſmall with Suet and a few ſweet herbs, tops of young Time, a branch of Penny-royal, two or three red *Sage*, grated bread, Yelks of Egs, ſweet Cream, Raiſons of the *Sun*; work altogether like a Pudding, with your hande ſtiff, and roul them round like Bals, and put them into the Steaks in a deep Coffin, with a piece of ſweet Butter; ſprinkle a little Verjuice on it, bake it, then cut it up and roul Sage leaves and fry them, and ſtick them upright in the wals, and ſerve your Pye without a Cover, with the juyce of an Orange or Lemon.

An excellent way of dreſſing Fiſh.

TAke a piece of freſh Salmon, and waſh it clean in a little Vinegar and water, and let it lie a while in it, then put it into a great Pipkin with a cover, and put to it ſome ſix ſpoonfuls of water, and four of Vinegar, and as much of white-wine, a good deal of Salt, a handful of ſweet herbs, a little white Sorrel, a few Cloves, a little ſtick of Cinamon, a little Mace; put all theſe in a Pipkin cloſe, and ſet it in a Kettle of ſeething water, and there let ſtew three hours.

You may doe Carps, Eeles, Trouts, &c. this way, and they Taſt alſo to your mind.

To fricaſe Sheeps-feet.

TAke Sheeps feet, ſlit the bone, and pick them very clean, then put them in a Frying-pan, with a Ladlefull of ſtrong Broth, a piece of Butter, and a little Salt; after they have fryed a while, put to them a little Parſley, green Chibals, a little young Speremint and Tyme, all ſhred very ſmall, and a little beaten Pepper; when you

think they are fryed almoſt enough, have a leare made for them with the yelks of two or three Eggs, ſome Gravy of Mutton, a little Nutmegg, and juyce of a Lemon wrung therein, and put this leare to the Sheeps feet as they fry in the Pan, then toſs them once or twice, and put them forth into the Diſh you mean to ſerve them in.

To fricate Calves Chaldrons.

TAke a Calves Chaldron, after it is little more then half boyled, and when it is cold, cut it into little bits as big as Walnuts; ſeaſon it with beaten Cloves, Salt, Nutmeg, Mace, and a little Pepper, an Onion, Parſley, and a little Tarragon, all ſhred very ſmall, then put it into a frying-pan, with a Ladlefull of ſtrong broth, and a little piece of ſweet Butter, ſo fry it; when it is fryed enough, have a little leare made with the Gravy of Mutton, the juyce of a Lemon and Orange, the yelks of three or four Eggs, and a little Nutmeg grated therein; put all this to your Chaldrons in the Pan, Toſs your Fricat two or three times, then diſh it, and ſo ſerve it up.

To Fricate Champigneons.

Make ready your champigneons as you do for ſtewing, and when you have poured away the black liquor that comes from them, put your champigneons into a Frying pan with a peece of ſweet Butter a little Parſley, Tyme, ſweet Marjoram, a peece of Onion ſhred very ſmall, a little Salt and fine beaten Pepper, ſo fry them till they be enough, ſo have ready the lear aboveſaid, & put it to the Champigneons whilſt they are in the Pan, toſs them two or three times, put them forth and ſerve them.

To make buttered Loaves.

TAke the yelks of twelve Eggs, and ſix whites and a quarter of a pint of yeaſt, when you have beaten the Eggs well, ſtrain them with the yeaſt into a Diſh, then put to it a little ſalt, and two raſes of Ginſter beaten very ſmal, then put flower to it till it come to a high Paſt that will not cleave, then you muſt roul it upon you hands, and afterwards put it into a warm Cloth, and let it lye there a quarter of an houre, then make it up in little Loaves, bake it,

againſt it is baked prepare a pound and a half of Butter, a quarter of a pint of white wine, and half a pound of Sugar; This being melted and beaten together with it, ſet them into the Oven a quarter of an hour.

To marine Carps, Mullet, Gurnet, Rochet or Wale, &c.

TAke a quart of water to a Gallon of Vinegar, a good handfull of Bay-leaves, as much Roſemary, a quarter of a pound of Pepper beaten; put all theſe together, and let it ſeeth ſoftly, & ſeaſon it with a little Salt, then fry your Fiſh with frying Oyle till it be enough, then put in an earthen Veſſell, and lay the Bay-leaves and Roſemary between and about the Fiſh, and pour the Broath upon it, and when it is cold cover it, *&c.*

To make a Calves Chaldron Pye.

TAke a Calves Chaldron, half boyl it, and cool it; when it is cold mince it as ſmall a grated bread, with half a pound of Marrow; ſeaſon it with Salt, beaten Cloves, Mace, Nutmeg a little Onion, and ſome of the outmoſt rind of a Lemon minced

minced very ſmall, and wring in the juice of halfe a Lemon, and then mix all together, then make a piece of puff Paſt, and lay a leaf therof in a ſilver Diſh of the bigneſſ to contain the meat; then put in your meat, and cover it with another leaf of the ſame Paſt, and bake it; and when it is baked take it out, and open it, and put in the juyce of two or three Oranges, ſtir it well together, then cover it again and ſerve it. Be ſure none of your Orange kernels be among your Pye-meat

To make a Pudding of a Calves Chaldron.

TAke your Chaldron after it is half boyled and cold, mince it as ſmall as you can with half a pound of Beef Suet, or as much Marrow, ſeaſon it with a little Onion, Parſley, Tyme, and the outermoſt rind of a piece of Lemon, all ſhred very ſmall, Salt, beaten Nutmeg, Cloves and Mace mixed together, with the yelks of four or five Eggs, and a little ſweet Cream; then have ready the great Gutts of a Mutton ſcraped and waſhed very clean; let your Gutt have lain in White-wine and Salt halfe a day before you uſe it; when your meat is mixed and made up ſomewhat ſtiff put it into the Sheeps-gott, and ſo boyl it, when

when it is boyled enough, ſerve it to the Table in the Gutt.

To make a Banbury Cake.

TAke a peck of pure Wheat flower, ſix pound of Currans, half a pound af Sugar, two pound of Butter, half an ounce of Cloves and Mace, a pint and a half of Ale yeaſt, and a little Roſewater; then boile as much new milk as will ſerve to knead it and when it is almoſt cold, put into it as much Sack as will thicken it, and ſo work it altogether before a fire, pulling it two or three times in pieces, after make it up.

To make a Devonſhire White-pot.

Take a pint of Cream and ſtrain it four Eggs into it, and put a little Salt and a little ſliced Nutmeg, and ſeaſon it with Sugar ſomewhat ſweet; then take almoſt a penny Loaf of fine bread ſliced very thin, and put it into a Diſh that will hold it, the Cream and the Egs being put to it; then take a handfull of Raiſins of the *Sun* being boyled, and a little ſweet Butter, ſo bake it.

To make Rice Cream.

TAke a quart of Cream, two good handfuls of Rice flower, a quarter of a pound of Sugar and flower beaten very ſmall, mingle your Sugar and flower together, put it into your Cream, take the yelk of an Egg, beat it with a ſpoonful or two of Roſewater, then put it to the Cream, and ſtir all theſe together, and ſet it over a quick fire, keeping it continually ſtirring till it be as thick as water pap.

To make a very good Great Oxfordſhire CAKE.

TAke a peck of flower by weight, and dry it a little, and a pound and a half of Sugar, one ounce of Cinamon, half a ounce of Nutmegs, a quarter of an ounce of Mace & Cloves, a good ſpoonful of Salt, beat your Salt and ſpice very fine, and ſearce it, and mix it with your flower and Sugar; then take three pound of butter and work it in the flowr, it wil take three hours working; then take a quart of Ale yeaſt, two quarts of Cream, half a pint of Sack, ſix grains of Amber-greece diſſolved in it, halfe a

pint

pint of Roſewater, ſixteen Eggs, eight the Whites, mix theſe with the flower, an knead them well together, then let it l warm by your fire till your Oven be ho which muſt be a little hotter then for man chet; when you make it ready for your O ven, put to your Cake ſix pound of Cur rans, two pound of Raiſins of the Su ſtoned and minced, ſo make up your Cake and ſet it in your oven ſtopped cloſe; it w take three houres a baking; when baked take it out and froſt it over with the whit of an Egge and Roſewater, well beat toge ther, and ſtrew fine Sugar upon it, and then ſet it again into the Oven that it may Ice.

To make a Pumpion Pye.

TAke about halfe a pound of Pumpion and ſlice it, a handful of Tyme, a little Roſemary, Parſley and ſweet Marjorum ſlipped off the ſtalks, and chop them ſmal, then take Cinamon, Nutmeg, Pepper and ſix Cloves, and beat them; take ten Eggs and beat them; then mix them, and beat them altogether, and put in as much Sugar as you think fit, then fry them like a froiz; after it is fryed, let it ſtand till it be cold, then fill your Pye, take ſliced Apples thinne round wayes, and lay a row of the Froize, and layer of Apples with Currans

Currants betwixt the layer while your Pie is fitted, and put in a good deal of ſweet butter before you cloſe it; when the Pye is baked, take ſix yelks of Eggs, ſome White-wine or Vergis, and make a Caudle of this, but not too thick; cut up the Lid & put it in, ſtir them well together whilſt the Eggs and Pumpions be not perceived, and ſo ſerve it up.

To make the beſt Sauſages that ever was eat.

TAke a leg of young Pork, and cut off all the lean, and ſhred it very ſmall, but leave none of the ſtrings or skins amongſt it, then take two pound of Beef Suet, and ſhred it ſmall, then take two handfuls of red Sage, a little Pepper and Salt, and Nutmegg, and a ſmall peece of an Onion, chop them altogether with the fleſh and Suet; if it is ſmall enough, put the yelk of two or three Egs and mix altogether, and make it up in a Paſt if you will uſe it, roul out as many peeces as you pleaſe in the form of an ordinary *Sauſage*, and ſo fry them, this Paſt will keep a fortnight upon occaſion.

To

To boyl a freſh Fiſh.

TAke a Carp, or other, & put them into a deep Diſh, with a pint of white wine, a large Mace, a little Tyme, Roſemary, a piece of ſweet Butter, and let him boyle between two diſhes in his owne blood, ſeaſon it with Pepper and Vargis, and ſo ſerve it up on Sippets.

To make Fritters.

TAke halfe a pint of *Sack*, a pint of Ale ſome Ale yeaſt, nine Eggs, yelks and whites, beat them very well, the Egg firſt, then altogether put in ſome Ginger, and ſalt, and fine flower, then let it ſtand an houre or two; then ſhed in the Apples; when you are ready to fry them, your ſuet muſt be all Beef ſuet, or halfe Beef, and halfe Hogs ſuet tryed out of the leafe.

To make Loaves of Cheeſe Curds.

TAke a Porringer full of Curds, and four Egs whites and yelks, and ſo much flowr as will make it ſtiff, then take a little Ginger, Nutmeg and ſome Salt, make them into loaves and ſet them into an oven with a quick

a quick heat; when they begin to change Colour take them out, and put melted Butter to them, and ſome Sack, and good ſtore of Sugar, and ſo ſerve it.

To make fine Pies after the French faſhion.

TAke a pound and a half of Veale, two pound of ſuet, two pound of great Raiſins ſtoned, half a pound of Prunes, as much of Currans, ſix Dates, two Nutmegs, a ſpoonfull of Pepper, an ounce of Sugar, an ounce of Carrawayes, a Saucer of Verjuyce, and as much Roſewater, this will make three fair Pyes, with two quarts of flower, three yelks of Eggs, and halfe a pound of Butter.

A Singular Receit for making a Cake.

TAke half a peck of flower, two pound of Butter, mingle it with the flower, three Nutmegs, & a little Mace, Cinamon, Ginger, half a pound of Sugar, leave ſome out to ſtrew on the top; mingle theſe well with the flower and Butter, five pound of Currans well waſhed, & pickt, and dryed in a warm Cloth, a wine pint of Ale yeaſt, ſix Eggs leave out the whites, a quart of Cream boyled and almoſt cold againe:

work

work it well together and let it be very lith, lay it in a warm Cloth, and let it lie half an hour againſt the fire. Then make it up with the white of an Egg, a little Butter, Roſewater and *Sugar*; Ice it over and put it into the Oven, and let it ſtand one whole hour and a half.

To make a great Curd Loaf.

TAke the Curds of three quarts of new milk clean wheyed, & rub into them a little of the fineſt flower you can get, then take half a race of Ginger, and ſlice it very thin, and put it into your Curds with a little *Salt*, then take halfe a pint of good Ale Yeaſt and put to it, then take ten Eggs, but three of the Whites, let there be ſo much flower as will make it into a reaſonable ſtiff Paſt, then put it into an indifferent hot cloth, and lay it before the fire to riſe while your Oven is heating, then make it up into a Loaf, and when it is baked, cut up the top of the Loaf, and put in a pound and a half of melted Butter, and a good deal of Sugar in it.

To make buttered Loaves of Cheese-curds.

TAke three quarts of new Milk, and put in as much Rennet ss will turn, take your Whey clean away, then break your Curds very ſmal with your hands, and put in ſix yelks of Eggs, but one white; an handfull of grated bread, an handfull of Flower, a litttle Salt mingled altogether; work it with your hand, roul into little Loaves, then ſet them in a Pan buttered, then beat the yelk of an Egg with a little Beer, and wipe them over with a feather, then ſet them in the Oven as for Manchet, and ſtop that cloſe three quarters of an hour, then take half a pound of butter, three ſpoonfuls of water, a Nutmeg ſliced thin, a little Sugar, ſet it on the fire, ſtir it till it be thick; when your Loaves are baked, cut off the tops and butter them with this Butter, ſome under, ſome over, and ſtrow ſome Sugar on them.

To make Cheeſe-loaves.

GRate a Cheat-Loaf, and take as much Curd as bread, to that put eight yelks of Eggs and four Whites, and beat them very well, then take a little Cream, but let it

it be very thick, put altogether, and make them up with two handfuls of flower, the Curds muſt be made of new milk and whayed very dry, you muſt make them like little Loaves and bake them in an Oven; and being baked cut them up, and have in readineſſe ſome ſweet Butter, Sugar, Nutmeg ſliced and mingled together, put it into the Loaves, and with it ſtir the Cream well together, then cover them again with the tops, and ſerve them with a little Sugar ſcraped on.

To make Puff.

TAke four pints of new milke, rennit, take out all the Whey very clean, and wring it in a dry Cloth, then ſtrain it in a wooden Diſh till they become as Cream, then take the yelks of two Eggs, and beat them and put them to the Curds, and leave them with the Curds, then put a ſpoonfull of Cream to them, aud if you pleaſe halfe a ſpoonful of Roſe-water, and as much flower beat in it as will make it of an indifferent ſtiffneſs, juſt to roul on a Plate, then take of the Kidney of Mutton ſuet and purifie it, and fry them in it, and ſerve them in with Butter, Roſewater and Sugar.

To make Elder Vinegar.

Gather the flowers of Elder, pick them very clean, and dry them in the Sun on a gentle heat, and take to every quart of Vinegar a good handfull of flowers and let it ſtand to ſun a fortnight, then ſtrain the Vinegar from the flowers, and put it into the barrell againe, and when you draw a quart of Vinegar, draw a quart of water, and put it into the Barrell luke warme.

To make good Vinegar.

TAke one ſtrike of Malt, and one of Rye ground, and maſh them together, and take if they be of good three pound of Hops, if not four pound; make two Hogs-heads of the beſt of that Malt and Rye, then lay the Hogsheads where the Sunne may have power over them, and when it is ready to Tun, fill your hogsheads where they lye, then let them purge cleer and cover them with two ſlate ſtones, and within a week after when you bake, take two cheat loaves hot out of the Oven, and put into each Hogſhead a loaf, you muſt uſe this foure times, you muſt brew this in *April*, and

let

let it ſtand tilll *June*, then draw them clea-
rer, then waſh the Hogſheads clean
and put the Beer in again; if you will hav
it Roſe-vinegar, you muſt put in a ſtrik
and a half of Roſes; if Elder-vinegar, a peck
of the flowers; if you will have it white,
put nothing in it after it is drawn, and ſo
let it ſtand till *Michaelmas*, if you will have
it coloured red, take four gallons of ſtrong
Ale as you can get, and Elder berries pick-
ed a few full clear, and put them in your
pan with the Ale, ſet them over the fire til
you gueſſe that a pottle is waſted, then
take it off the fire, and let it ſtand till it be
ſtone cold, and the next day ſtrain it into
t'e Hogſhead, then lay them in a Cellar
or Buttery which you pleaſe.

To make a Collar of Beef.

TAke the thinneſt end of a coaſt of beef,
boyle it and lay it in Pump-water, & a
little ſalt, three dayes ſhifting it once every
day, and the laſt day put a pint of Claret
Wine to it, and when you take it out of
the water, let it lie two or three hours a
drayning; then cut it almoſt to the end in
three ſlices, then bruiſe a little Cochinell
and a very little Allum, & mingle it with
the Claret-wine, & colour the meat all o-
ver

ver with it, then take a dozen of Anchoves, wash them and bone them, and lay them into the Beef, and season it with Cloves, Mace and Pepper, and two handful of salt, and a little sweet Marjoram and Tyme, and when you make it up, roul the innermost slice first, and the other two upon it, being very well seasoned everywhere, and bind it hard with Tape, then put it into a stone-pot, something bigger then the Coller, and pour upon it a pint of Claret-wine, and halfe a pint of wine-vinegar, a sprig of Rosemary, and a few of Bay-leaves and bake it very well; before it is quite cold, take it out of the Pot, and you may keep it dry as long as you please.

To make an Almond Pudding.

TAke two or three French-Rowles, or white penny bread, cut them in slices, and put to the bread as much Cream as wil cover it, put it on the fire till your Cream and bread be very warm, then take a ladle or spoon and beat it very wel together; put to this twelve Eggs, but not above foure whites, put in Beef Suet, or Marrow, according to your discretion, put a pretty quantity of Currans and Raisins; season the Pudding with Nutmeg, Mace, Salt, and Sugar,

Sugar, but very little flower for it will make it sad and heavy; make a piece of puff past as much as will cover your dish, & cut it very handsomely what fashion you please; Butter the bottome of your Dish, put the pudding into the Dish, set it in a quick Oven, not too hot as to burne it, let it bake till you think it be enough, scrape on Sugar, and serve it up.

To boyle Cream with French Barly.

TAke the third part of a pound of French Barley, wash it well with faire water, and let it lie all night in fair water, in the morning set two skillets on the fire with faire water, and in one of them put your Barley, and let it boyl till the water look red, then put the water from it, and put the Barley into the other warme water, thus boyl it and change with fresh warm water til it boyl white, then strain the water clean from it, then take a quart of Creame, put into it a Nutmeg or two quartered, a little large Mace and some Sugar, and let it boyl together a quarter of an hour, and when it hath thus boyled, put into it the yelks of three or foure Eggs, well beaten with a little

little Roſe-water, then diſh it forth, and eat it cold.

To make Cheeſe-Cakes.

TAke three Eggs and beat them very well, and as you beat them, put to them as much fine flower as will make them thick, then put to them three or four Eggs more, and beat them altogether; then take one quart of Creame, and put into it a quarter of a pound of ſweet butter, and ſet them over the fire, and when it begins to boyle, put to it your Eggs and flower, ſtir it very well, and let it boyle till it be thick, then ſeaſon it with Salt, Cinamon, Sugar, and Currans, and bake it.

To make a Quaking Pudding.

TAke a Pint and ſomewhat more of thick Creame, ten Eggs, put the whites of three, beat them very well with two ſpoonfuls of Roſe-water; mingle with your Creame three ſpoonfulls of fine flower, mingle it ſo well, that there be no lumps in it, put it altogether, and ſeaſon it according to your Taſt; Butter a Cloth very well, and let it be thick that it may not run out, and let it boyle for

half an hour as fast as you can, then ta it up and make *Sauce* with Butter, Ro water and Sugar, and serve it up.

You may stick some blanched Almonds upon it if you please.

To Pickle Cucumbers.

Put them in an Earthen Vessel, lay i a Lay of *Salt* and Dill, then a Lay Cucumbers, and so till they be all Lay put in some Mace and whole Pepper, a some Fennel-seed according to direct then fill it up with Beer-Vinegar, nd clean board, and a stone upon it to ke them within the Pickle, and so keep the close covered, and if the Vinegar is blac change them into fresh.

To Pickle Broom Buds.

TAke your Buds before they be ye low on the top, make a Brine of V negar and Salt, which you must do on by shaking it together till the Salt be me ted, then put in your Budds and ke stirred on in a day till they be sunk wit in the Vinegar, be sure to keep close co vered.

To

To keep Quinces raw all the year.

TAke ſome of the worſt Quinces and cut them into ſmall pieces and Coares and Parings, boyle them in water, and put to a Gallon of water, ſome three ſpoonfuls of Salt, as much Honey; boyle theſe together till they are very ſtrong, and when it is cold, put it into half a pint of Vinegar in a wooden Veſſell or Earthen Pot; and take then as many of your beſt Quinces as will go into your Liquor, then ſtop them up very cloſe that no Aire get into them, and they will keep all the year.

To make a Gooſeberry Foole.

TAke your Gooſeberries, and put them in a Silver or Earthen Pot, and ſet it in a Skillet of boyling Water, and when they are coddled enough ſtrain them, then make them hot again when they are ſcalding hot, beat them very well with a good piece of freſh butter, Roſe-water and Sugar, and put in the yelke of two or three Eggs; you may put Roſe-water into them, and ſo ſtir it altogether, and ſerve it to the Table when it is cold.

To make an Oatmeale Pudding.

TAke a Porringer full of Oatmeale be
ten to flower, a pint of Creame, on
Nutmeg, four Egges beaten, three whites
a quarter of a pound of Sugar, a poun
of Beef-ſuet well minced, mingle a
theſe together, and ſo bake it. An hou
will bake it.

To make a green Pudding.

TAke a penny loafe of ſtale Breat, Gra
it, put to halfe a pound of Sugar, gr
ted Nutmeg, as much ſalt as will ſe
ſon it, three quarters of a pound of be
ſuet ſhred very ſmall, then take ſwe
Herbs, the moſt of them Marigolds, eig
Spinages: ſhred the Herbs very ſmall, mi
all well together, then take two Eggs an
work them up together with your hand
and make them into round balls, a
when the water boyles put them in, ſer
them with Roſewater, Sugar, and Butt
or Sauce.

To make good Sauſages.

TAke the lean of a Legge of Pork, and foure pound of Beef-ſuet, or rather butter, ſhred them together very ſmall, then ſeaſon it with three quarters of an ounce of Pepper, and halfe an ounce of Cloves and Mace mixed together, as the Pepper is, a handfull of Sage when it is chopt ſmall, and as much ſalt as you thinke will make them taſt well of it; mingle all theſe with the meat, then break in ten Egges, all but two or three of the whites, then temper it all well with your hands, and fill it into Hoggs gutts, which you muſt have ready for them; you muſt tye the ends of them like Puddings, and when you eat them you muſt boyle them on a ſoft fire; a hot will crack the skins, and the goodneſſe boyle out of them.

To make Toaſts.

CUt two penny Loaves in round ſlices and dip them in half a pint of Cream or cold water, then lay them abroad in a Diſh, and beat three Egges and grated Nutmegs and Sugar, beat them with

the Cream, then take your frying Pan a
melt ſome Butter in it, and wet one ſi
of your Toaſts and lay them in on the
ſide, then pour in the reſt upon them a
ſo fry them; ſend them in with Roſew
ter, Butter and Sugar.

Spaniſh Cream.

PUt hot water in a Bucket and go w
it to the Milking, then poure out
Water, and inſtantly milke into it, a
preſently ſtrain it into milk-Pans of
ordinary fulneſs, but not after an ordi
ry way; for you muſt ſet your Pan on
ground and ſtand on a ſtool, and poure
forth that it may riſe in bubbles with
fall; this on the morrow will be a ve
tough Cream, which you muſt take
with your Skimmer, and lay it in the di
laying upon laying; and if you pl
ſtrew ſome ſugar between them.

To make Clouted Cream.

TAke foure quarts of Milke, on
Cream, ſix ſpoonfuls of Roſe-wat
put theſe together in a great Earth
Milke-Pan, ſet it upon a fire
Charcoale well kindled, you muſt
ſo

ſure the fire be not too hot; then let it ſtand a day and a night; and when you go to take it off, looſe the edge of your Cream round about with a Knife, then take your board, and lay the edges that is left beſide the board, cut into many peeces, and put them into the Diſh firſt, and ſcrape ſome fine Sugar upon them, then take your board and take off your Cream as clean from the Milke as you can, and lay it upon your Diſh, and if your Diſh be little there will be ſome left, the which you may put into what faſhion you pleaſe, and ſcrape good ſtore of Sugar upon it.

A good Creame.

When you Churn Butter, take out ſix ſpoonfuls of Cream juſt as it is to turn to Butter, that is, when it is a litttle frothy; then boyle good Cream as much as will make a Diſh, and ſeaſon it with Sugar, and a little Roſe-water; when it is quite cold enough, mingle it very well with that you take out of the Churn and ſo Diſh it.

To make Piramidis Cream.

TAke a quart of water, and ſix ounc
of Harts horn, and put it into a Bott
with Gum-dragon, and Gum-arabick, o
each as much as a ſmall Nut, put all th
into the Bottle, which muſt be ſo big
will hold a pint more; for if it be full
will break; ſtop it very cloſe with a Co
and tye a Cloth about it, put the Bottle
to a pot of beef when it is boyling, and
it boyle three hours, then take as mu
Cream as there is Jelly, and half a pou
of Almonds well beaten with Roſe-wat
ſo that you cannot diſcern what they b
mingle the Cream and the Almonds tog
ther, then ſtrain it, and do ſo two or thr
times to get all you can out of the A
monds, then put jelly when it is cold into
ſilver Baſon, and the Cream to it; ſweete
it as you like, put in two or three grai
of *Muſk* and Amber-greece, ſet it ov
the fire, ſtirring it continually and ski
ing it, till it be ſeething hot, but let it no
boyle, then put it into an old faſhio
drinking-Glaſs, and let it ſtand till it i
cold, and when you will uſe it, hold you
Glaſs in a warm hand, and looſen it wi
a Knife, and whelm it into a Diſh, an
ha

have in readineſs a Pine Apple blown, and ſtick it all over, and ſerve it in with Cream or without as you pleaſe.

To make a Sack Creame.

SEt a quart of Creame on the fire, when it is boyled, drop in a ſpoonful of ſack, and ſtir it well the while that it curd nor, ſo do till you have dropped in ſix ſpoonfuls, then ſeaſon it with ſugar, Nutmeg, and ſtrong water.

To boyle Pigeons.

STuffe the Pigeons with Parſley, and Butter, and put them into an Earthen Pot, and put ſome ſweet butter to them and let them boyle; take Parſley, Tyme, and Roſemary, chop them and put them to them; take ſome ſweet butter, and put in withall ſome ſpinage, take a little groſs Pepper and ſalt, and ſeaſon it withall, then take the yelk of an Egge and ſtrain it with Verjuyce, and put to them, lay ſippets in the Diſh and ſerve it.

To make an Apple-Tanſey.

PAre your Apples and cut them in thin round ſlices, then fry them in good ſweet Butter, then take ten Eggs, ſweet Cream, Nutmeg, Cinamon, Ginger, Sugar, with a little Roſe-water, beat all the togethe, and poure it upon your Apples and fry it.

The French Barley Cream.

TAke a quart of Cream, and boyle in a Porenger of French Barley, that hath been boyled in nine waters, put in ſome large Mace and a little Cinamon, boyling it a quarter of an hour; then take two quarts of Almonds blanched, and beat very ſmall with Roſe-water, or Orange water, and ſome *Sugar*; and the Almonds being ſtrained into the Liquor, put it over the fire, ſtirring it till it be ready to boyle then take it off the fire, ſtirring it till it be halfe cold; then put to it two ſpoonfuls of *Sack* or white Wine, and when it is cold, ſerve it in, remembring to put in ſome *Salt*.

To make a Chicken or Pigeon Pye.

TAke your Pigeons (if they be not very young) cut them into four quarters, one ſweet-bread ſliced the long way, that it may be thin, and the peeces not too big, one Sheeps tongue, little more then parboyl'd, and the skin puld off, and the tongue cut in ſlices, two or three ſlices of Veale, as much of Mutton, young Chicken (if not little) quarter them Chick heads, Lark, or any ſuch like, Pullets, Coxcombs, Oyſters, Calves Udder cut in peeces, good ſtore of Marrow for ſeaſoning, take as much Pepper and Salt as you think fit to ſeaſon it ſlightly; good ſtore of ſweet Marjorum, a little Time and Lemon-Pill fine-ſliced; ſeaſon it well with theſe Spices as the time of the year will afford; put in either of Cheſnuts (if you put in Cheſnuts they muſt firſt be either boyl'd or roaſted) Gooſeberries or Guage, large Mace will do well in this Pye, then take a little peece of Veal parboyl'd and ſlice it very fine, as much Marrow as meat ſtirred amongſt it, then take grated Bread, as much as a quarter of the meat, four yelks of Eggs or more according to the ſtuff you make

ſtired

ſhred Dates as ſmall as may be, ſeaſon it with ſalt, but not too ſalt. Nutmeg as much as will ſeaſon it, ſweet Marjorum pretty ſtore very ſmall ſhred, work it up with as much ſweet Creame as will make it up in little Puddings, ſome long, ſome round, ſo put as many of them in the Pye as you pleaſe; put therein two or three ſpoonfulls of Gravy of Mutton, or ſo much ſtrong Mutton Broth before you put it in the Oven, the bottome of boyled Hartichoks, minced Marrow over and in the bottom of the Pye after your Pye is baked; when you put it up, have ſome five yelks of Eggs minced, and the juice of two or three Oranges, the meat of one Lemon cut in peeces, a little White and Claret Wine; put this in your Pye being well mingled, and ſhake it very well together.

To

To boyle a Capon or Hen.

TAke a young Capon or Hen, when you draw them take out the fall of the Leafe clean away, and being well washed, fill the belly with Oysters; prepare some Mutton, the neck, but boyle it in smal peeces and skim it well, then put your Capon into the Pipkin, and when it is boyled, skim it again; be sure you have no more water then will cover your meat, then put it into a pint of white wine, some Mace, two or three Cloves and whole Pepper; a quarter of an hour before your meat be boyled enough, put into the Pipken, three Anchoves stript from the Bone and washed, and be sure you put salt at the first to your Meat; a little Parsley, Spinage, Endive, Sorrell, Rose-mary or such kind of Herbs will doe well to boyle with the Broth, and being ready to Dish it, having sippets cut, and take the Oysters out of the Capon, and lay them in the Dish with the Broth, and put some juice of Lemons and Orange into it according to you taste.

To make Balls of Veale.

TAke the Lean of a Leg of Veal, and cut out the Sinews, mince it very ſmall, and with it ſome fat of Beef ſuet; if the Leg of Veal be of a Cow Calfe, the Udder will be good inſtead of Beefe ſuet; when it is very well beaten together with the Mincing Knife, have ſome cloves, Mace, and Pepper beaten, and with Salt ſeaſon your meat, putting in ſome Vinegar, then make up your meat into little Balls, and having very good ſtrong Broth made of Mutton, ſet your Balls to boyle in it; when they are boyled enough, take the yelks of five or ſix Eggs well beaten with as much vinegar as you pleaſe to like, and ſome of the Broth mingled together, ſtir it into all your Bals and Broth, give it a waume on the fire, then Diſh up the Balls upon Sippets and pour the ſauce on it.

To make Mrs. Shellyes *Cake.*

TAke a peck of fine flower, and three pound of the beſt Butter, work your flower and butter very well together, then take

take ten Eggs, leave out ſix whites, a pint and a halt of Ale-yeaſt: beat the Eggs and yeaſt together, and put them to the flower; take ſix pound of blanched Almonds, beat them very well, putting in ſometime Roſe-water to keepe them from Oyling; adde what *Spice* you pleaſe; let this be put to the reſt with quarter pint of Sack, and a little ſaffron; and when you have made all this into Paſt, cover it warme before the fire, and let it riſe for halfe an hour, then put in twelve pound of Currans well waſhed and dryed, two pound of Raiſins of the Sun ſtoned and cut ſmall, one pound of Sugar; the ſooner you put it into the Oven after the fruit is put in, the better.

To make Almond Jumballs.

TAke a pound of Almonds to halfe a pound of double refined Sugar beaten and Searced, lay your Almonds in water a day before you blanch them, and beat them ſmall with your ſugar; and when it is beat very ſmall, put in a handfull of Gum-dragon, it being before over night ſteeped in Roſewater, and halfe a white of an Egge beaten to froth, and halfe a ſpoonfull of Coriander ſeed

as

as many Fennell and Aniſeeds, mingle theſe together very well, ſet them upon a ſoft fire till it grow pretty thick, then take it off the fire, and lay it upon a clean Paper, and beat it well with a rowling pin till it worke like a ſoft paſt, and ſo make them up, and lay them upon Papers oyled with Oyle of Almonds, then put them in your Oven, and ſo ſoon as they be throughly riſen, take them out before they grow hard.

To make Cracknels.

TAke halfe a pound of fine flower, dryed and ſearced, as much fine ſugar ſearced, mingled with a ſpoonful of Coriander-ſeed bruiſed, halfe a quarter of a pound of butter rubbed in the flower and ſugar, then wet it with the yelks of two Eggs, and halfe a ſpoonfull of white Roſe-water, a ſpoonfull or little more of Cream as will wet it; knead the Paſt till it be ſoft and limber to rowle well, then rowle it extreame thin, and cut them round by little plates; lay them upon buttered papers, and when they goe into the Oven, prick them, and waſh the Top with the yelk of an Egge beaten and made thin with Roſe-water or faire water

water; they will give with keeping, therefore before they are eaten, they muſt be dryed in a warme Oven to make them criſp.

To Pickle Oyſters.

TAke Oyſters and waſh them cleane in their own Liquor, then let them ſettle, then ſtrain it, and put your Oyſters to it with a little Mace and whole pepper, as much Salt a you pleaſe, and a little Wine-Vinegar, then ſet them over the fire, and let them boyle leiſurely till they are pretty tender; be ſure to skim them ſtill as the skim riſeth; when they are enough, take them out till the Pickle be cold, then put them into any pot that wil lye cloſe, they will keep beſt in Caper barrels, they will ke p very well ſix weeks.

To boyle Cream with Coalings.

TAke a quart of Creame and boyle it with ſome Mace and Sugar, and take two yelks of Eggs, and beat them well with a ſpoonfull of Roſe-water and

and a grain of Amber-greece, then put it into the Cream with a peece of ſweet Butter a big as a Wallnut, and ſtir it together over the fire untill it be ready to boyle, then ſet it ſome time to coole, ſtirring it continually till it be cold; then take a quarter of a pound of Codlings ſtrained, and put them into a ſilver Diſh over a few coales till they be almoſt dry, and being cold, and the Cream alſo, poure the Cream upon them, and let them ſtand on a ſoft fire covered an hour, then ſerve them in.

To make the Lady Albergaveres Cheeſe.

TO one Cheeſe take a Gallon of new Milk, and a pint of good Cream, and mix them well together, then take a Skillet of hot water as much as will make it hotter then it comes from the Cow, then put in a ſponfull of Rennet, and ſtir it well together and cover it, and when it is come, take a wet Cloth and lay it on your Cheeſe-Mot, and take up the Curd and not break it; and put it into your Mot; and when your Mot is full, lay on the Suiker, and every two hours turn your Cheeſe in wet Cloathes wrung dry; and lay on a little more wet, at night take

take as much ſalt as you can between your Finger and Thumb, and ſalt your Cheeſe on both ſides; let them lie in Preſſes all night in a wet Cloth; the next day lay them on a Table between a dry Cloth, the next day lay them in Graſs, and every other day change your Graſs, they will be ready to eat in nine dayes; if you will have them ready ſooner, cover them with a Blanket.

To dreſſe Snayles.

TAke your *Snayles* (they are no way ſo as in Pottage) and waſh them well in many waters, and when you have done, put them in a white Earthen Pan, or a very wide Diſh, and put as much water to them as will cover them, and then ſet your Diſh or Pan on ſome coales, that it may heat by little and little, and then the *Snayles* will come out of the ſhells and ſo dye, and being dead, take them out, and waſh them very well in Water and *Salt* twice or thrice over; then put them in a Pipkin with Water and *Salt*, and let them boyle a little while in that, ſo take away the rude ſlime they have, then take them out againe and put them in a Cullender; then take excellent ſallet

Oyle

Oyle and beat it a great while upon the fire in a frying Pan, and when it boyls very faſt, ſlice two or three Onyons in it, and let them fry well, then put the *Snayles* in the Oyle and Onyons, and let them ſtew together a little, then put the Oyle, Onyons, and Snayles altogether in an earthen Pipkin of a fit ſize for your Snayles, and put as much warm water to them as will ſerve to boyle them, and make the Pottage and ſeaſon them with Salt, and ſo let them boyle threee or four houres; then mingle Parſly, Peneroyall, Fennell, Tyme, and ſuch Herbs, and when they are minced put them in a Morter. and beat them as you doe for Green-ſauce, and put in ſome crums of bread ſoaked in the Pottage of the Snayles, and then diſſolve it all in the Morter with a little *Saffron* and Cloves well beaten, and put in as much Pottage into the Morter as will make the Spice and bread and Herbs like thickning for a Pot, ſo put them all into the Snayles and let them ſtew in it, and when you ſerve them up, you may ſqueeze into the Pottage a Lemon, and put in a little Vinegar, or if you put in a Clove of Garlick among the Herbs, and beat it with them in the Morter, it will not

taſt

taſt the worſe; ſerve them up in a Diſh with ſippets of bread in the bottom. The Pottage is very nouriſhing, and they uſe them that are apt to a Conſumption.

To boyle a rumpe of Beefe after the French faſhion.

TAke a rump of Beef, or the little end of the Erisket, and parboyle it halfe an houre, then take it up and put it in a deep Diſh, then ſlaſh it in the ſide that the gravy may come out, then throw a little Pepper and ſalt betweene every cut, then fill up the Diſh with the beſt Claret wine, and put to it three or foure pieces of large Mace, and ſet it on the coales cloſe covered, and boyle it above an houre and a halfe, but turn it often in the mean time; then with a ſpoon take off the fat and fill it with Claret wine, and ſlice ſix Onyons, and a handfull of Caphers or broom buds, halfe a dozen of hard Lettice ſliced, three ſpoonfuls of wine-Vinegar and as much verjuyce, and then ſet it a boyling with theſe things in it till it be tender, and ſerve it up with brown Bread and Sippets fryed with butter, but be ſure there be not too much fat in it, when you ſerve it.

An excellent way of dreſſing Fiſh.

TAke a piece of freſh *S*almon and waſh it clean in a little Vinegar and Water, and let it lie awhile in it, in a great Pipkin with a cover, and put to it ſix ſpoonfuls of Water and four of Vinegar, as much of white Wine, a good deale of *S*alt, a bundle of ſweet Herbs, a little whole *S*pice, a few Cloves, a little ſtick of Cinamon, a little Mace, take up all theſe in a Pipkin cloſe, and ſet in a Kettle of ſeething Water and there let it ſtew three hours. You may doe Carps, Eeles, Trouts, *&c.* this way, alter the taſt to your mind.

To make Fritters of Sheeps feet.

TAke your *S*heeps feet, ſlit them and ſet them a ſtewing in a ſilver Diſh, with a little ſtrong Broth and *S*alt, with a ſtick of Cinamon, two or three Cloves, and a piece of an Orange Pill; when they are ſtewed, take them from the liquor and lay them upon a Pye-plate cooling; when they are cold, have ſome good Fritter-batter made with *S*ack, and dip them therein, then have ready to fry

fry them, ſome excellent clarified Butter very hot in a Pan, and fry them therein; when they are fryed wring in the juice of three or four Oranges, and toſs them once or twice in a Diſh, & ſo ſerve them to the Table,

To make dry Salmon Calvert in the boyling.

TAke a Gallon of Water, put to it a quart of Wine or Vinegar, Verjuice or ſour Beer, and a few ſweet herbs & Salt, and let your Liquor boyle extream faſt, and hold your Salmon by the Tayle, and dip it in, and let it have a wame, and ſo dip it in and out a dozen times, and that will make your Salmon Calvert, and ſo boyle it till it be tender.

To make Bisket Bread.

TAke a pound of Sugar ſearced very fine, and a pound of flower well dryed, and twelve Eggs, a handfull of Carroway-ſeed, ſix whites of Eggs, a very little Salt, beat all theſe together, and keep them with beating till you ſet them in the Oven, then put them into your Plates

Plates or Tin things, and take Butter and put into a Cloth and rub your Plate; a ſpoonfull into a Plate is enough, and ſo ſet them in the Oven, and let your Oven be no hotter then to bake ſmall Pyes; if your flower be not dryed in the Oven before, they will be heavy.

To make an Almond Pudding.

TAke your Almonds when they are blanched, and beat them as many as will ſerve for your Diſh, then put to it foure or five yelks of Eggs, Roſe-water, Nutmeg, Cloves and Mace, a little Sugar, and a little ſalt and Marrow cut into it, and ſo ſet it into the Oven, but your Oven muſt not be hotter then for Biſket bread; and when it is half baked, take the white of an Egge, Roſe-water and fine Sugar well beaten together and very thick, and do it over with a feather, and ſet it in againe, then ſtick it over with Almonds, and ſo ſend it up.

This you may boyle in a Bag if you pleaſe, and put in a few crums of Bread into it, and eat it with butter and Sugar without Marrow.

To

To make an Almond Caudle

TAke three pints of Ale, boyl it with Cloves and Mace, and ſlice bread in it, then have ready beaten a pound of Almonds blanched, & ſtrain them out with a pint of White wine, and thicken the Ale with it, ſweeten it if you pleaſe, and be ſure you skim the Ale well when it boyles.

To make Almond bread.

TAke Almonds & lay them in water all night, then blanch them and ſlice them, to every pound of Almonds, a pound of fine Sugar, finely beaten ſo mingle them together, then beat the whites of three Egs to high froth, and mix it well with the Almonds & Sugar, then have ſome Plates and ſtrew ſome flower on them, and lay Wafers on them, and lay your Almonds with the edges upwards, lay them as round as you can, ſcrape a little Sugar on them, when they are ready to ſet in the Oven, which muſt not be ſo hot as to colour white Paper, and when they are a little baked, take them out, and them

from the Plates, & set them in again, you must keep them in a Stove.

To make Almond Cakes.

TAke half a pound of Almonds blanched in cold water, beat them with some Rose-water till they doe not glister, then they wil be beaten; if you think fit, lay seven or eight *Musque* Comfits dissolved in Rosewater which must not be above six or seven spoonfuls for fear of spoyling the colour; when they be thus beaten, put in half a pound of Sugar finely sifted, beat them and the Almonds together till it be wel mixed, then take the whites of two Eggs, and two spoonfuls of fine flour that hath been dried in an Oven; beat these wel together and poure it to your Almonds, then butter your Plates and dust your Cakes with Sugar and Flower, and when they are a little brown, draw them, and when the oven is colder set them in again on browne Papers, and they will looke whiter.

Master

Master Rudstones *Posset.*

TAke a pint of *Sack*, a quarter of a pint of Ale, three quarters of a pound of Sugar, boyle all these well together, take two yelks of Eggs and sixteen whites very wel beaten, put this to your boiling Sack & slice it very well together till it be thick on the coals; then take three pints of *Milk* or Cream b ing boiled to a quart, it must stand and cool till the Eggs thicken, put it to your Sack and Eggs, and stir them well together, then cover it with a Plate and so serve it.

To boyle a Capon with Ranioles.

TAke a good young Capon, trusse it and draw it to boyle, and parboyle it a little, then let it lye in fair Water being pickt very cleane and white, then boyle it in strong broth while it be enough, but first prepare your Ranioles as followeth: Take a good quantity of Beet leaves, and boyle them in Water very tender, then take them out, and get all the water very cleane out of them, then take six sweet Breads of Veale, and boyle and mince them white, mince them

small, and then boyl Herbs also, and four or five Marrow bones, break them and get all the Marrow out of them, and boyle the bigger peece of them in water by it selfe, and put the other into the minced Herbs, then take half a pound of Raisins of the Sun stoned, and mince them small, and halfe a pound of Dates the skin off, and mince them also, and a quarter of a pound of Pome citron minced small, then take of Naples-bisket a good quantity & put all these together on a Charger or a great Dish with halfe a pound of sweet Butter, and worke it together with your hands as you do a peece of Past, and season it with a little Nutmeg, Ginger, Cinamon and Salt, & Parmasan Cheese grated with hard Sugar grated also, then mingle all together well, and make a Past with the finest flower, six yelks of Eggs, a little Saffron beaten small, halfe a pound of sweet Butter a little salt, with some faire water hot (not boyling) and make up your Past, then drive out a long sheet of Past with a even Rowling Pin as thin as possible you can, and lay your ingredients in small heaps, round or long which you please in the Past, then cover them with the Past, & cut them with a jag asunder and so make more or more till you

have made two hundred or more, then have a good broad Pan or Kettle half full of ſtrong Broth, boyling leiſurely, and put in your Ranſoles one by one, & let them boyle a quarter of an hour, then take up your Capon, lay it in a great Diſh, and put on the Ranſoles, & ſtrew on them grated Cheeſe, Nables Biſket grated, Cinamon and Sugar, then more & more Cinamon & Cheeſe, while you have filled your Diſh; then put ſoftly on melted Butter with a little ſtrong Broth, your Marrow Pomecitron, Lemons ſliced and ſerve it up, and ſo put it into the Diſh, ſo Ranſoles may be part fryed with ſweet but Clarified Butter, either a quarter of them or halfe as you pleaſe; if the Butter be not clarified, it will ſpoile your Ranſoles.

To make a Biſque of Carps.

TAke twelve ſmall Carps, and one great one, all Male Carps, draw them and take out all the Melts, flea the twelve ſmal Carps, cut off their Heads and take out their Tongues, and take the fiſh from the bones of the flead Carps, and twelve Oyſters, two or three yelks of Hard eggs, maſh altogether, ſeaſon it with Cloves, Mace, and Salt, make thereof a ſtiffe ſearce,

add thereto the yelks of foure or five Eggs to bind it, fashion that first into balls or Lopings as you please, lay them into a deep Dish or Earthen Pan, and put thereto twenty or thirty great Oysters, two or three Anchoves, the Melts and Tongues of your twelve Carps, halfe a pound of fresh butter, the Liquor of your Oysters, the juyce of a Lemon or two, a little White-wine, some of Corbilion wherein your great Carpe is boyled and a whole Onyon so set them a stewing on a soft fire and make a hoop therewith; for the great Carp you must scald him and draw him, and lay him for half an hour with the other Carps Heads in a deep Pan with so much White wine Vinegar as will cover and serve to boyle him, and the other Heads in; put therein Pepper, whole Mace, a race of Ginger, Nutmeg, Salt sweet Herbs, an Onyon or two sliced, a Lemon; when you boyle your Carps, poure your Liquor with the Spice into the Kettle wherein you will boile him; when it is boyled put in your Carp, let it not boyle too fast for breaking; after the Carp hath boyled a while put in the Head, when it is a enough take off the Kettle, and let the Carps and the Heads keep warme in the Liquour till you

go

goe to diſh them. When you dreſſe your Biſque, take a large *Silver* diſh, ſet it on the fire, lay therein Sippets of bread, then put in a Ladlefull of your Corbilion, then take up your great carp and lay him in the midſt of the Diſh, then range the twelve heads about the Carp, then lay the ſearce of the Carp, lay that in, then your Oyſters, Melts and Tongues, then poure on the Liquor wherein the ſearce was boiled, wring in the juyce of a Lemon and two Oranges; Garniſh your Diſh with pickled Barberries, Lemons and Oranges, and ſerve it very hot to the Table.

To boyle a Pike and Eele together.

TAke a quart of White-wine and a pint and a halfe of White-wine-Vinegar, two quarts of Water, and almoſt a pint of Salt, a handful of Roſemary and Tyme; the Liquor muſt boyle before you put in your Fiſh and Herbs; the Eele with the skins muſt be put in a quarter of an hour before the Pike, with a little large Mace, and twenty cornes of Pepper.

To make an Outlandish dish.

TAke the liver of Hogg, and cut it in small pieces about the bignes of a span, then take Anni-seed, or French-seed, Pepper and salt, & season them therewithall, & lay every piece severally round in the caule of the Hogg, and so roast them on a Bird spit.

To make a Portugall Dish.

TAke the Guts, Gizards and Liver of two fat Capons, cut away the Gaules from the Liver, & make clean the Gizards and put them into a Dish of clean water, slit the Gut as you do a Calves Chaldron, but take off none of the fat, then lay the Guts about an hour in White-wine, as the Guts soke, halfe boyl Gizards and Livers, then take a long wooden broach, and spit your Gizards and Liver there on, but not close one to another, then take & wipe the Guts somewhat dry in cloth, and season them with salt and beaten Pepper, Cloves and Mace, then winde the Guts upon the wooden Broach about the Liver, and Gizards, then tye the wooden Broach

to ſpin, and lay them to the fire to roaſt, and roaſt them very brown, and baſt them not at all til they be enough, then take the Gravy of Mutton, the juice of two or three Oranges, and a grain of Saffron, mix all well together, & with a ſpoon baſt your roſt, let it drop into the ſame diſh. Then draw it, & ſerve it to the Table with the ſame ſauce.

To dreſſe a diſh of Hartichoaks.

TAke and boyle them in the Beef-pot, when they are tender ſodden, take off the tops, leaving the bottoms with ſome round about them, then put them into a Diſh, put ſome faire water to them, two or three ſpoonfuls of Sacke, a ſpoonfull of Sugar, and ſo let them boyle upon the Coales, ſtill pouring on the Liquor to give it a good taſte, when they have boyled halfe an hour take the Liquor from them, and make ready ſome Cream, boyled and thickned with the yelk of an Egge or two, whole Mace, Salt, and Sugar with ſome lumps of Marrow, boyle it in the Cream, when it is boyled put a good piece of ſweet butter in it, and toaſt ſome Toaſts, and lay them under your Hartichoaks, and poure your Cream and butter on them, Garniſh it, &c.

To dreſſe a Fillet of Veale the Italian way.

TAke a young tender Fillet of Veale, pick away all the skins in the fold of the fleſh, after you have picked it out clean ſo that no skins are left, nor any hard thing; put to it ſome good White-wine (that is not too ſweet) in a bowl & waſh it, & cruſh it well in the Wine; doe ſo twice, then ſtrew upon it a powder that is called *Tamara* in *Italy*, and ſo much Salt as will ſeaſon it well, mingle the Powder well upon the Paſts of your meat, then poure to it ſo much White-wine as will cover it when it is thruſt down into a narrow Pan; lay a Trencher on it and a weight to keep it downe, let it lie two nights & one day, put a little Pepper to it when you lay it in the Sauce, and after it is ſowſed ſo long take it out, and put it into a Pipkin with ſome good Beef-broth but you muſt not take any of the pickle to it, but onely Beef-broth that is ſweet and not ſalt; cover it cloſe and ſet it on the Embers, onely put into it with the Broth a few whole Cloves and mace, and let it ſtew till it be enough. It will be very tender and of an excellent Taſte; it muſt

muſt be ſerved with the ſame Broth as much as wil cover it.

To make the Italian, take Coriander ſeed two Ounces, Aniſeed one ounce, Fennel-ſeed one ounce, Cloves two ounces, Cynamon one ounce; Theſe muſt be beaten into a groſſe powder, putting into it a little powder of Winter-ſavoury; if you like it, keep this in a Vial-glaſſe cloſe ſtopt for your uſe.

To dreſſe Soales.

TAke a pair of Soals, lard them through with watered freſh Salmon, then lay your Soals on a Tabl, or Pye-plate, cut your Salmon, lard all of an equal length on each ſide, and leave the Lard but ſhort, then flower the Soales, and fry them in the beſt Ale you can get; when they are fryed lay them on a warm Pye-plate, and ſo ſerve them to the Table with a Sallet diſh full of Anchovy ſauce, and three or four Oranges.

To make Furmity.

TAke a quart of Creame, a quarter of a pound of French-barley the whiteſt you can get, and boyle it very tender in three

three or foure ſeverall waters, and let it be cold, then put both together, put in it a blade of Mace, a Nutmeg cut in quarters, a race of Ginger cut in three or five peices, & ſo let it boyle a good while, ſtil ſtirring and ſeaſon it with Sugar to your taſt, then take the yelk of foure Eggs and beat them with a little Cream, & ſtir them into it, & ſo let it boyl a little after the Egs are in, then have ready blaunched & beaten twenty Almonds kept from oyling, with a little Roſe water, then take a Boulter, ſtrainer, and rub your Almonds with a little of your Furmity through the ſtrainer, but ſet on the fire no more, and ſtir in a little Salt and a little ſliced Nutmeg, pickt out of the great peices of it, and put it in a diſh, and ſerve it,

To make Patis, or Cabbage Cream.

TAke thirty Ale pints of new milk, and ſet it on the fire in a Kettle till it be ſcalding hot, ſtirring it oft to keep it from creaming, then put it forth into thirty Pans of earth, as you put it forth take off the bubbles with a ſpoon, let it ſtand til it be cold, then take off the cream with two ſuch ſlices as you beat Biſket bread with, but they muſt be very thin and not too broad

broad, then when the Milk is dropped off the cream, you must lay it upon a Pye-plate, you must scour the Kettle very clean and heat the Milk again, & so four or five times. In the lay of it, first lay a stalk in the midst of the Plate, let the rest of the Cream be laid upon that sloping, between every laying you must scrape Sugar and sprinkle Rose-water, and if you will, the powder of Musk, and Ambergreece. In the heating of the Milk be carefull of smoak.

To make Pap.

TAke three quarts of new milk set it on the fire in a dry silver Dish, or Bason, when it begins to boyle skim it, then put thereto a handful floure & yelks of three Eggs which you must have well mingled together with a Ladle-full of cold milk, before you put it to the milk that boyles, and as it boyls stir all the while till it be enough, and in the boyling, season it with a little Salt, and a little fine beaten Sugar and so keeping it stirred til it be boyld as thick as you desire, then put it forth into another Dish and serve it up.

To make Spaniſh Pap.

TAke three ſpoonfuls of Rice flour finely beaten and ſearced, two yelks of Eggs, three ſpoonfuls of *Sugar*, three or foure ſpoonfuls of Roſe-water. Temper theſe foure together, then put them to a pint of cold Cream, then ſet it on the fire and keep it ſtirred till it come to a reaſonable thickneſſe, then *Diſh* it and ſerve it up.

To poach Eggs.

TAke a dozen of new laid Egges, and fleſh of foure or five Partridges, or other; mince it ſo ſmall as you can ſeaſon it with a few beaten Cloves, Mace, and Nutmeg, into a *Silver* diſh, with a Ladlefull or two of the Gravy of Mutton, wherein two or three Anchoves are diſſolved; then ſet it a ſtewing on a fire of Char-coales, and after it is halfe ſtewed, as it boyles breake in your Egges, one by one, and as you break them poure away moſt part of the Whites, and with one end of your Egg-ſhell, make a place in your Diſh of meate, and therein put your Yelks of your Eggs, round in order amongſt

amongſt your meat, and to let them ſtew till your eggs be enough, then grate in a little Nutmeg, and the juyce of a couple of Oranges; have a care none of the Seeds goe in, wipe your Diſh and garniſh your Diſh, with four or five whole Onions, &c.

A Pottage of Beef Pallats.

TAke Beefe Pallats after they be boyled tender in the Beef Kettle, or Pot among ſome other meat, blanch and ſerve them cleane, then cut each Pallat in two, and ſet them a ſtewing betwen two Diſhes with a peece of leer Bacon, an handful of Champignions, five or ſix ſweet breads of Veale, a Ladle-full or two of ſtrong broth, and as much gravy of Mutton, an Onyou or two, five or ſix Cloves, and a blade or two of mace, and a piece of Orange Pils; as your Pallats ſtew, make ready your Diſh with the bottoms & tops of two or three Cheat Loaves dryed and moyſtned with ſome Gravy of Mutton, and the broth your Pallats ſtew in, you muſt have the Marrow of two or three beef-bones ſtewed in a little broth between two Diſhes in great peices; when your Pallats and Marrow is ſtewed, and you ready

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to Diſh it, take out all the Spices, Onyons and Bacon, & lay it in your Palats Sweetbread, and Champigneons, pour in the Broth they were ſtewed in & lay on your pieces of Marrow, wring the juice of two or three Oranges; and ſo ſerve it to the Table very hot.

The Jacobins Pottage.

TAke the fleſh of a waſhed Capon or Turky cold, mince it ſo ſmall as you can, them grate or ſcrape among the fleſh two or three ounces of Parmaſants or old Holland Cheeſe, ſeaſon it with, beaten Cloves, Nutmeg, Mace, and Salt, then take the bottoms and tops of foure or five new Rowles, dry them before the fire, or in an Oven, then put them into a faire ſilver Diſh, ſet it upon the fire, wet your bread in a Ladle-full of ſtrong Broth, and a Ladle-full of Gravy of Mutton then ſtrow on your minced meat, all of an equall thickneſſe in each place, then ſtick twelfe or eighteen pieces of Marrow as bigge as Walnuts, and pour on an handfull of pure Gravy of Mutton, then cover your Diſh cloſe, and as it ſtews adde now and then ſome Gravy of Mutton

Mutton there to, thrust your Knife sometimes to the bottome, to keep the bread from sticking to the Dish, let it so stew stil till you are ready to Dish it away, and when you serve it, if need require, ad more Gravy of Mutton, wring the juice of two or three Oranges, wipe your Dishes brims and serve it to the Table in the same Dish.

To Salt a Goose.

TAke a fat Goose and bone him, but leave the brest-bone, wipe him with a clean cloath, then salt him one fortnight, then hang him up for one fortnight or three weeks, then boyl him in running water very tender, and serve him with Bay-leaves.

A way of stewing Chickens or Rabbets.

TAke two, three or foure Chickens, and let them be about the bigness of a Partridge, boyl them til they be half boyled enough, then take them off & cut them into little pieces, putting the joynt bon. one from another, and let not the meat be minced, but cut into great bits, not so exactly but more or lesse, the brest bones are not so proper to be put in, but put the meat together with the other bones upon which

(upon which there must be also some meat remaining) into a good quantity of that Water or Broth wherein the Chickens were boyled, and set it then over a Chaffing Dish of coales betwenn two Dishes, that so it may stew on till it be fully enough; but first season it with Salt and gross Pepper, and afterwards add Oyl to it, more or less according to the goodness thereof; and a little before you take it from the fire, you must adde such a quantity of juyce of Lemons as may best agree with your Taste. This makes an excellent dish of Meat, which must be served up in the Liquor; and though for a need it may be made with Butter instead of Oyl, and with Vinegar instead of juice of Lemons, yet is the other incomparably better for such as are not Enemies to Oyle. The same Dish may be made also of Veal or Partridge, or Rabbets, and indeed the best of them all is Rabbets if they be used so before *Michaelmas*, for afterwards me-thinkes they grow ranke; for though they be fatter, yet the flesh is more hard and dry.

A Pottage of Capons.

TAke a couple of young Capons, Truſſe and ſet them and fill their bellies with Marrow, put them into a Pipkin with a knuckle of Veale, a Neck of Mutton, and a Marrow bone, and ſome ſweet bread of Veale; ſeaſon your Broth with Cloves, Mace, and a little Salt, ſet it to the fire, and let it boyle gently till your Capons be enough, but boyle them not too much: as your Capons boyle, make ready the bottomes and Tops of eight or ten new Rowles, and put them dryed into a faire Silver Diſh wherein you ſerve the Capons; ſet it on the fire, and put to your bread, two Ladlefuls of Broth wherein your Capons are boyled, and a Ladlefull of the gravy of Mutton; ſo cover your Diſh, and let it ſtand till you Diſh up your Capons; if need require, adde now and then a Ladlefull of Broth and Gravy, leaſt the bread grow dry; when you are ready to ſerve it, firſt lay in the Marrow bone, then the Capons on each ſide, then fill up your Diſh with Gravy of Mutton, wherein you muſt wring the juyce of a Lemon or two, then with a ſpoon take off all the fat that

that ſwimmeth on the pottage, then garniſh your Capon with the ſweet Bread and ſome Lemons, and ſo ſerve it.

To dreſſe Soals another way.

TAke Soales, fry them halfe enough, then take Wine ſeaſoned with Salt, grated Ginger, and a little Garlick, let the Wine, and ſeaſoning boyle in a Diſh, when that boyles & your Soales are halfe fry'd, take the Soales and put them into the Wine, when they are ſufficiently ſtewed upon their backs, lay the two halfs open on the one ſide and on the other, then lay Anchoves finely waſhed along, and on the ſides over again, let them ſtew till they be ready to be eaten, then take them out, lay them on the Diſh, pour ſome of the clear Liquor which they ſtew in upon them, and ſqueeze an Orange in.

A Carp

A Carp Pye.

TAke Carps ſcald them, take out the great bones, pound the Carps in a ſtone Morter pound ſome of the blood with the fleſh which muſt be at the diſcretion of the Cook becauſe it muſt not be too ſoft, then lard it with the belly of a very fat Eagle, ſeaſon it, and bake it like red Deere and eat in cold.

This is meat for a Pope

To boyle Duks after the french faſhion

TAke and lard them and put them upon a ſpit, and halfe roaſt them, then draw them & put them into a Pipkin, and put a quart of Claret Wine into it, and Cheſnuts, & a pint of great oyſters taking the Beards from them, and three Onyons minced very ſmall, ſome Mace & a little beaten Ginger, a little Time ſtript, a Cruſt of a French Roule grated put into it to thicken it, and ſo diſh it upon ſops. This may be diverſified, if there be ſtrong Broth there need not be ſo much Wine put in, and if there be on oyſters or Cheſnuts you may put in Hartichock bottoms, Turnips, Colliflowers, Bacon in thin ſlices, Sweet breads, &c.

To

To boyle a Gooſe with Sauſages:

TAke your Gooſe and ſalt it two or three dayes, then truſs it to boyle, cut Lard as big as the top of your finger, as much as will lard the fleſh of the breſt, ſeaſon your lard with Pepper, Mace, and Salt; put it a boyling in Beefe broth if you have any, or Water, ſeaſon your Liquor with a little Salt, and Pepper greſly beaten an ounce or two, a bundle of Bayleaves, Roſemary and Time, tyed altogether; you muſt have prepared your Cabbage or ſauſages boyld very render, ſqueeſe all the water from them, then put them into a Pipkin, put to them a little ſtrong broth or Claret Wine, an Onyon or two; ſeaſon it with Pepper, Salt and Mace to your taſt, ſix Anchoves diſſolved, put altogether, and let them ſtew a good while on the fire; put a Ladle of thicke Butter, a little Vinegar, when your Gooſe is boyled enough, and your Cabbage on Sippets of bread and the Gooſe on the top of your Cabbage, and ſome on the Cabbage on top of your Gooſe, ſerve it up.

To fry Chickens.

TAke five or six and scald them and cut them in pieces, then flea the skin from them, fry them in Butter very brown, then take them out, and put them between two Dishes with the gravy of Mutton, Butter, and an Onyon, six Anchoves, Nutmeg and salt to your taste, then put sops on your Dish, put fryed Parsly on the top of your Chicken being Dished, and so serve them.

To make a Battalia Pye.

TAke foure tame Pigeons and Trusse them to bake, and take four Ox Pallats well boyled and blaunched, and cut it in little pieces; take six Lamb-stones, and as many good Sweet breads of Veale cut in halfs and parboyld, and twenty Cockscombs boyld and blanched, and the bottoms of four Hartichocks, and a Pint of Oysters parboyld and bearded, and the Marrow of three bones, so season all with Mace, Nutmeg and Salt; so put your meat in a Coffin of fine Paste proportionable to your quantity of meat; put halfe a pound of Butter upon your meat,

meat, put a little water in the Pye, before it be set in the Oven, let it stand in the Oven an houre and a halfe, then take it out, pour out the Butter at the top of the Pye, and put it in leer of Gravy, Butter, and Lemons, and serve it up.

To make a Chicken Pye.

TAke foure or five chickens, cut them in peices, take two or three Sweet-breads parboyl'd and cut the peices as big as walnuts; take the Udder of Veal cut in thin slices, or little slices of Bacon, the bottoms of Hartichoks boyl'd, then make your coffin proportionable to your meat, season your meat with Nutmeg, Mace and salt, then some Butter on the top of the Pye, put a little water into it as you put it into the Oven, and let it bake an hour, then put in a leer of butter, Gravy of Mutton eight Lemons sliced; so serve it.

To make a Pye of a Calves head.

TAke a Calves head, cleane it and wash it very well, put it a boyling till it be three quarters boyled, then cut off the flesh from

from the bones, and cut it in peeces as big as Walnuts. Blaunch the Tongue and cut it in ſlices, take a quart of Oyſters parboyl'd and bearded, take the yelks of twelve Egs, put ſome thin ſlices of bacon among the meat, and on the top of the meat, when it is in the pye cut an Onion ſmall, and put it in the bottome of your pye, ſeaſon it with pepper, Nutmeg, Mace, and ſalt, make your Coffin to your meat what faſhon you pleaſe. Let it bake an hour and a half, put butter on the bottom and on the top of your Pye before you cloſe it put a little water in before you put it into the Oven, when you draw it out take off the Lid, and put away all the fat on the top and put in a leer of thick butter, Gravy of Mutton, a Lemon pared and ſliced with two or three Anchoves diſſolved. So ſtrew theſe together, and cut your Lid in handſome pieces, and lay it round the pye, ſo ſerve it.

To make Cream with Snow.

TAKE three pints of Creame and the whites of ſeven or eight Egges and ſtrain them together, and a little Roſe-water, and as much Sugar as will ſwee-

An it, then take a ſticke as big as a child
rme, cleave one end of it a croſſe, and
widen your pieces with your finger, beat
your Creame with this ſticke or elſe with
a bundle of Reeds tyed together, and
rowl between your hand ſtanding upright
in your Creame, now as the Snow ariſeth
take it up with a ſpoon in a Cullender
that the thin may run out, and when you
have ſufficient of this Snow; take the
Cream that is left,& ſeeth it in the *Skellet*,
and put thereto whole Cloves, ſtickes of
Cinnamon a little Ginger bruiſed, and
ſeeth it till it be thick, then ſtrain it and
when it is cold put it into your Diſh, and
lay your Snow upon it.

To make minced Pies.

TAke a large Neats tongue, ſhread it
very well, three pound and a half of
Suet very well ſhread, Currans three
pound, halfe an ounce of beaten Cloves
and Mace, ſeaſon it with Salt when you
thinkt fit, half a preſerved Orange, or in-
ſtead of it Orange Pils, a quarter of a
pound of Sugar, a little Lemon Pill ſli-
ced very thin, put all theſe together ve-
ry well, put to it two Spoonfull of Ver-
juyce

juyce, and a quarter of pint of Sake &c.

To dry Neats Tongues.

TAKE Bay ſalt beaten very fine, and Salt-Peeter of each a like, and rub your Tongues very well with that, and cover all over with it, and as it waſtes put on more, and when they are very hard and ſtiffe they are enough, then rowle them in Bran, and dry them before a ſoft fire, and before you boyle them, let them lie one night in Pumpe Water, & boyle them in the ſame ſort of water.

To make Jelly of Harts Horn.

TAke ſix ounces of Hart-Horne, three ounces of Ivory both finely carped, boyle it in two quarts of water in a Pipkin cloſe covered, and when it is three parts waſted, you may try it with a Spoon if it will be jelly, you may know by the ſticking to your Lips, then ſtraine it through a jelly bag; ſeaſon it with Roſe-water, juyce of Lemons and double refined Sugar, each according to your Taſte, then boyle altogether two or three

wames, ſo put in the Glaſſe and keep for your uſe.

To make Chickens fat in four or five dayes.

TAke a pint of French Wheat and a pint of Wheat flower, halfe a pound of Sugar, make it up into a ſtiff Paſte, and rowle it into little rowles, wet them in warme Milk, and ſo Cram them, and they will be fat in four or five dayes, if you pleaſe you may ſow them up behind one or two of the laſt dayes.

To make Angelot.

TAke a Gallon of Stroakings and a pint of Creame as it comes from the Cow, and put it together with a little Rennet; when you fill, turne up the midſt ſide of the Cheeſe-fat, fill them a little at once, and let it ſtand all that day and the next, then turn them, and let them ſtand til they will ſlip out of the Fat, Salt them on both ſides, and when the Coats begin to come on them, neither wipe nor ſcrape them, for the thicker the Coat is the better

A Perſian diſh.

TAke the fleſhly part of a Leg of Mutton ſtript from the fat and ſinews, beat that well in a Morter with Pepper and Salt, and a little Onyon or Garlick water by it ſelfe or with hearbs according to your taſte, then make it up in flat cakes and let them be kept twelve houres betweene two Diſhes before you uſe them, then fry them with butter in a frying pan and ſerve them with the ſame butter, and you will find it a diſh of ſavory meat.

To roaſt a ſhoulder of Mutton in blood.

WHen your ſheepe is killed ſave the blood, and ſpread the caule all open upon a Table that is wet, that it may not ſtick to it; as ſoone as you have ſlead your ſheepe, cut off a ſhoulder, and having Tyme picked, ſhred and cut ſmall into ſome of your blood, ſtop your ſhoulder with it, inſide and outſide, and into every hole with a Spoone, put ſome of the Blood;

after you have put in the Tyme, then lay your Shoulder of Mutton upon the caule and wrap that about it, then lay it into a Tray, and pour all the reſt of the blood upon it; ſo let it lie all night, if it be in Winter, you may let it lie twenty foure hours, then roaſt it.

To roaſt a Leg of Mutton to be eaten cold.

Firſt take ſo much Lard as you thinke ſufficient to Lard your Leg of Mutton withall, cut your Lard in groſſe long Lardors; ſeaſon the Lard very deep with beaten Cloves, Pepper, Nutmegg, and Mace, and bay ſalt beaten fine and dryed, then take Parſley, Tyme, Marjoram, Onion, and the outrine of an Orange, ſhred all theſe very ſmall, and mix them with the Lard, then Lard your Leg of Mutton therewith, if any of the Hearbs and Spice remaine, put them on the Leg of Mutton; then take a ſilver Diſh, lay two ſticks croſſe the Diſh to keepe the Mutton from ſopping in the Gravy and fat that goes from it, lay the Legge of Mutton upon the ſticks, and ſet it into an hot Oven there let it roaſt, turne it once but baſte it not at all, when it is enough and very

very tender, take it forth but ſerve it no till it be throughly cold; when you ſerve it, put in a ſaucer or two of Muſtard, and Sugar, and two or three Lemons whole in the ſame diſh.

To roaſt Oyſters.

TAke the greateſt Oyſters you can get, and as you open them put them into a Diſh with their own Liquor, then take them out of the Diſh, & put them into another, and pour the liquor to them, but be ſure no gravel get amongſt them; then ſet them covered on the fire, and ſcald them a little in their owne Liquor, and when they are cold, draw eight or ten Lards through each Oyſter; ſeaſon your Lard firſt with Cloves, Nutmeg beaten very ſmall, Pepper; then take two woodden Lard Spits, and ſpit your Oyſters thereon, then tye them to another ſpit, & roaſt them. In the roaſting baſt them with Anchovy ſauce, made with ſome of the Oyſter Liquor, and let them drip into the ſame diſh where the Anchovy ſauce is; when they be enough, bread them with the cruſt of a roul grated on them, and when they be brown, draw them off, then take the ſauce wherewith you baſted

your Oyſters, and blow off the fat, then put the ſame to the Oyſters, wring in it the juyce of a Lemon, ſo ſerve it.

To make a Sack Poſſet.

TAke a quart of Cream and boyle it very well with Sugar, Mace, and Nutmeg, take half a pint of Sack and as much Ale, and boyle them well together with ſome Sugar, then put your Cream into your Baſon to your Sacke, then heat a pewter diſh very hot and cover your Baſon with it, and ſet it by the fire ſide, and let it ſtand there two or three houres before you eat it.

Another Sack Poſſet.

TAke eight Eggs, yelks and whites, and beat them well together, ſtraine them into a quart of Cream, ſeaſon them with Nutmeg and Sugar, put to them a pint of Sack, ſtir them altogether and put them into your Baſon, and ſet them in the Oven no hotter then for a cuſtard, let it ſtand two hours.

To

To make a Sack Posset without Milk or Cream.

TAke eighteen Eggs whites and all, taking out the treads, let them be beaten very well, take a pint of Sack and a quart of Ale boyld, and scum it, then put in three quarters of a pound of sugar and a little Nutmeg, let it boyl a little together, then take it off the fire stirring the Egs still put into them two or three Ladlefuls of drink, then mingle all together and set it on the fire, and keepe it stirring till you find it thick, then serve it up.

To make a stumpe Pye.

TAke a Leg of Mutton, one pound and a halfe of the best Suet, mince both small together, then season it with a quarter of a pound of Sugar and a small quantity of salt and a little cloves & mace, then

then take a good handful of Parſly, half ſo much Time, and mince them very ſmal and mingle them with the reſt; then tak ſix new laid Eggs and break them into the meat and work it well together, and put it into the paſt; then upon the Top put Raiſins, Currants and Dates a good quantity, cover and bake it, when it is baked, and when it is very hot, put into it a quarter of a pint of white wine Vinegar, and ſtrow Sugar upon it, and ſo ſerve it.

To make Mrs. Leeds *Cheeſe Cakes.*

TAke ſix quarts of milk and ren it pretty cold, and when it is tender come drayn from it your Whey in a ſtrayner, then hang it up till all the Whey be dropt from it, then preſſe it, change it into dry cloaths till it wet the cloth no longer, then beat it in a ſtone Morter, till it be like butter, then ſtrayne it through a thin ſtrayner, mingle it with a pound and a half of butter with your hands, take one pound of Almonds, and heat them with Roſewater till they are like your Curd, then mingle them with the yelks of twenty Eggs and a quart of Cream, two great nutmegs, one pound and a half of ſugar, when your Coffins are ready

ready and going to ſet in the Oven; then mingle them together, let your Oven be made hot enough for a Pigeon Pye, and let a ſtone ſtand up till the ſcorching be paſt, then ſet them in, half an hour will bake them well, your Coffins muſt be make with Milk and Butter as ſtiffe as for other Paſt, then you muſt ſet them into a pretty hot Oven, and fill them full of Bran, and when they are harded, take them out, and with a Wing bruſh out the Bran, they muſt be pricked.

To make Tarts called Taffaty Tarts.

FIrſt wet your Paſt with Butter and cold Water, and rowle it very thin, alſo then lay them in layes, and between every Lay of Apples ſtrew ſome Sugar, and ſome Lemon Pill, cut very ſmall, if you pleaſe put ſome Fennel ſeed to them; then put them into a ſtoak hot Oven, and let them ſtand an hour in or more, then take them out, and take Roſe-water and Butter beaten together, and waſh them over with the ſame, and ſtrew fine Sugar upon them; then put them into the Oven again, let them ſtand a little while and take them out.

To make Freſh Cheeſe.

TAke three pints of raw Creame and ſweeten it well with Sugar, and ſet it over the fire, let it boyle a while, then put in ſome Damask-Roſe-water, keep it ſtill ſtirring leaſt it burne too, and when you ſee it thickned and turned, take it from the fire and waſh the ſtrainer and Cheeſefat with Roſe-water, then rowl it too and fro in the *Strainer* to draine the Whey from the Curd, then take up the Curd with a ſpoon and put them into the Fat, let it ſtand till it be cold, then put it into the Cheeſe Diſh with ſome of the Whey, and ſo ſerve it up.

To make Sugar Cakes. or Jumbals.

TAke two pound of flower, dry it and ſeaſon it very fine, then take a pound of Loaf Sugar, and beat it very fine, and ſearce it, mingle your Flower and Sugar very well, then take a pound and a halfe of ſweet Butter and waſh out the Salt

Salt, and breake it into bits with your Flower and Sugar, then take yelks of four new laid Eggs, and four or five ſpoonfuls of Sack, and four ſpoonfuls of Creame; beat all theſe together, then put them into your Flower, and knead them to a Paſt, and make them into what faſhion you pleaſe, and lay them upon Paper or Plates, and put them into the Oven, and be carefull of them, for a very little thing bakes them.

For Jumbals you muſt only adde the whites of two or three Eggs.

To haſh a Shoulder of Mutton:

TAke a Shoulder of Mutton and ſlice it very thin till you have almoſt nothing but the Bone, then put to the meat ſome Claret Wine, a great Onion, ſome Gravy of Mutton, ſix Anchoves, a handfull of Capers, the tops of a little Tyme, mince them very well together, then take nine or tenne Egges, the juyce of one or two Lemons to

make

to make it tart, and make leere of them, then put the meat all in a frying Pan over the fire till it be very hot; then put in the leere of Eggs and ſoak altogether over the fire till it be very thick; then boyle your bone, and put it on the top of your meat being Diſhed, Garniſh your Diſh with *Lemons*, ſerve it up.

To dreſſe Flounders or Playce with Garlick and Muſtard.

TAke Flounders very new, and cut all the Fins and Tailes, then take out the Guts and wipe them very clean, they muſt not be at all waſht, then with your Knife ſcotch them on both ſides very groſely; then take the tops of Tyme and cut them very ſmall, and take a little Salt, Mace, and Nutmeg, and mingle the Tyme and them together, and ſeaſon the Flounders; then lay them on the Gridiron and baſt them with Oyle or Butter, let not the fire be too hot, when that ſide next the fire is brown; turn it, and when you turn it, baſt it on both ſides till you have broyld them Brown, when they are enough make your ſauce with Muſtard two or three Spoonful according.

ding to diſcretion, ſix Anchoves diſſolved very well, about half a pound of butter drawn up with garlick, vinegar, or bruiſed garlick in other vinegar, rubb the bottome of your diſh with garlick. So put your ſauce to them, and ſerve them, you may fry them if you pleaſe.

A Turkiſh Diſh.

TAke fat Beef or Mutton cut in thin ſlices, waſh it well, put it into a pot that hath a cloſe cover, then put into it a good quantity of clean pick'd rice, skim it very well; then put into it a quantity of whole pepper, two or three whole onyons; let all this boyl very well, then take out the onyon and diſh it in Sippets, the thicker it is, the better,

To dreſſe a Pyke.

CUt him in peices, and ſtrew upon him ſalt and ſcalding vinegar, boyle him in water and White Wine, when he is boyling put in ſweet Herbs, Onyon, Garlick, Ginger, Nutmeg, and ſalt; when he is boyled take him out of the Liquor, and let him drayn, in the mean time beat Butter

Butter and Anchoves together, and pour it on the fish, squeezing a little Orange and Lemon upon it.

To dresse Oysters.

TAke Oysters and open them, and save the Liquor, and when you have opened so many as you please, adde to this Liquor some White-wine, wherein you must wash your Oysters one by one very cleane and lay them in another Dish; then strain to them that mixed wine and Liquor wherein they were washed, adding a little more Wine to them with an Onion divided with some salt and pepper, so done, cover the Dish and stew them till they be more then halfe done; then take them and the Liquor, and pour it into a frying pan, wherein they must fry a pretty while, then put into them a good piece of sweet butter, and fry them therein so much longer; in the mean time you must have beaten the yelks of some Eggs, as four or five to a quart of Oysters: These Eggs must be beaten with some Vinegar, wherein you must put some minced parsly and Nutmeg finely scraped, and put therein the Oysters in the pan, which must

fill

ſtill be kept ſtirring leaſt the Liquor make the Eggs cruddle, let this all have a good wame on the fire, and ſerve it up.

To dreſſe Flounders.

FLea off the black skin, and ſcowr the fiſh over on that ſide with a knife, lay them in a diſh, and pour on them ſome Vinegar, and ſtrew good ſtore of ſalt, let them lie for halfe an houre; in the meane time ſet on the fire ſome water with a little white Wine, Garlick and ſweet Herbs as you pleaſe, putting into it the Vinegar and ſalt wherein they lay, when it boyles put in the biggeſt fiſh, then the next till all be in; when they are boyled, take them out and drain them very well, then draw ſome ſweet butter thicke, and mix with it ſome Anchoves ſhred ſmall, which being diſſolved in the Butter, poure it on the fiſh, ſtrewing a little ſliced Nutmegg, and minced Oranges and Barbaries.

To dreſſe Snails.

TAke Snailes and put them in a Kettle of water, and let them boyle a little, then take them out, and ſhake them out of the ſhels into a Baſon; then take ſome Salt and ſcoure them very well, and waſh them in warme water, untill you find the ſlime cleane gone from them; then put them into a cullender and let them draine well, then mince ſome ſweet hearbs, and put them into a Diſh with a little pepper and Sallet Oyle together, then let them ſtand an hour or two; then waſh the ſhels very well, and dry them, and put into every ſhell a Snail, and fill up the ſhell with Sallet Oyle and herbs, then ſet them on a gridiron upon a ſoft fire, and ſo let them ſtew a little while, and diſh them up warm and ſerve them up.

To dreſſe pickle fiſh.

WAſh them well while they are in the ſhell in ſalt water, put them into a Kettle over the fire with out water; and ſtirre them till they are open, then take them out of their ſhels

ſhells, and waſh them in hot water and ſalt, then take ſome of their owne liquor that they have made in the Kettle, a little white wine, butter, vinegar, Spice, Parſley; let all theſe boyl together, and when it is boyld, take the yelke of three or four Egs, and put into the broth. Scollops may be dreſſed on this manner or broild like Oyſters with Oyle or juice of Lemons.

To fricate Beefe Pallats.

TAke Beefe pallats after they be boyled very tender, Blaunch and pare them clean, ſeaſon them with fine beaten cloves Nutmegg, Pepper, Salt, and ſome grated bread; then have ſome butter in a frying pan, put your pallats therein, and ſo fricat them till they be browne on both ſides, then take them forth and put them on a diſh, and put thereto ſome gravy of mutton, wherein two or three Anchoves are diſſolved, grate in your ſauce a little Nutmegg, wring in the juyce of a Lemon, ſo ſerve them.

A Spaniſh Olio.

TAke a piece of Bacon not very fat, but ſweet and ſafe from being ruſty, a piece of freſh beef, a couple of hoggs Eares and foure feet if they can be had, and if not, ſome quantity of ſheeps feet, (Calves feet are not proper) a joynt of Mutton, the Leg, Rack, or Loyne, a Hen, halfe a dozen pigeons, a bundle of Parſley, Leeks, and Mint, a clove of Garlick when you will, a ſmall quantity of pepper, cloves, and ſaffron, ſo mingled that not one of them overrule, the pepper and cloves muſt be beaten as fine as poſſible may be, and the ſaffron muſt be firſt dryed, and then crumble in powder and diſſolved apart in two or three ſpoonfuls of broth, but both the ſpices and the Saffron may be kept apart till immediately before they be uſed, which muſt not be, till within a quarter of an hour before the Olio be taken off from the fire; a pottle of hard dry peaſe, when they have firſt ſteept in water ſome dayes, a pint of boyld Cheſnuts: particular care muſt be had that the pot wherein the Olio is made, be very ſweet; Earthen I thinke is the beſt, and judge-

ment

ment is to be had carefully both in the ſize of the Pot, and in the quantity of the Water at the firſt, that ſo the Broth may grow afterwards to be neither too much nor too little, nor too groſſe, nor too thin; thy meat muſt be long in boyling, but the fire not too fierce, the Bacon, the Beef, the Peaſe, the Cheſnuts, the Hogs Eares may be put in at the firſt. I am utterly againſt thoſe confuſed Olios into which men put almoſt all kinds of meats and Rootes, and eſpecially againſt putting of Oyle for it corrupts the Broth, inſtead of adding goodneſſe to it. To do well, the Broth is rather to be drunk out of a Porringer then to be eaten with a ſpoon, though you add ſome ſmal ſlices of Bread to it, you wil like it the worſe. The Sauce for thy meat muſt be as much fine Sugar beaten ſmal to powder with a little Muſtard as can be made to drink the Sugar up and you wil find it to be excellent, but if you make it not faithfully and juſtly according to this preſcript, but ſhall neither put Mace, or Roſemary, or Tyme to the Herbs as the manner is of ſome, it will prove very much the worſe.

To make Metheglin.

TAke all ſorts of Herbs that are good and wholeſome, as Balme, Mint, Fennell, Roſemary, Angelica, wilde Tyme, Iſop, Burnet, Egrimony, and ſuch other as you think fit; ſome Field Hearbs, but you muſt not put in too many, but eſpeceally Roſemary or any ſtrong Hearb, leſſe then halfe a handfull will ſerve of every ſort, you muſt boyle your Herbs and ſtrain them, and let the Liquor ſtand till to Morrow and ſettle them, take off the cleareſt Liquor, two Gallons and a halfe to one Gallon of Honey, and that proportion as much as you will make, and let it boyle an hour, and in the boyling skim it very clean, then ſet it a cooling as you doe Beere, when it is cold take ſome very good Ale Barme, and put into the bottome of the Tubb a little and a little as they doe Beere, keeping backe the thicke ſetling, that lyeth in the bottome of the Veſſel that it is cooled in, and when it is all put together, cover it with a Cloth, and let it worke very neere three dayes, and when you mean to put it up, skim off all the Barme clean, put it

it up into the Veſſel, but you muſt not ſtop your Veſſell very cloſe in three or four dayes, but let it have all the vent, for it will worke, and when it is cloſe ſtopped, you muſt looke very often to it, and have a peg in the top to give it vent; when you heare it make a noiſe, as it will do, or elſe it will break the Veſſell; ſometime I make a Bag and put in good ſtore of Ginger ſliced, ſome Cloves and Cinnamon, and boyl it in, and other times I put it into the Barrel and never boyle it, it is both good, but Nutmeg and Mace do not well to my Taſt.

To make a Sallet of Smelts.

TAke halfe a hundred of Smelts, the biggeſt you can get, draw them and cut off their Heads, put them into a Pipkin with a pint of Whit wine, and a Pint of White wine Vinegar, an Onion ſhred, a couple of Lemmons, a Race of Ginger, three or foure blades of Mace, a Nutmegg ſliced, whole Pepper, a little Salt, cover them, and let them ſtand twenty foure hours; if you will keepe them three or foure dayes, let not your Pickle be too ſtrong of the Vinegar, when

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To make a Sallet of Smelts.

TAke halfe a hundred of Smelts, the biggeſt you can get, draw them and cut off their Heads, put them into a Pipkin with a pint of Whit wine, and a Pint of White wine Vinegar, an Onion ſhred, a couple of Lemmons, a Race of Ginger, three or foure blades of Mace, a Nutmegg ſliced, whole Pepper, a little Salt, cover them, and let them ſtand twenty foure hours; if you will keepe them three or foure dayes, let not your Pickle be too ſtrong of the Vinegar, when

when you will ſerve them, take them out one by one, ſcrape and open them as you do Anchoves, but throw away the bones, lay them cloſe one by one, round a Silver diſh, you muſt have the very utmoſt rind of a Lemon or Orange ſo ſmall as grated bread and the Parſley, then mix your Lemon Pill, Orange and Parſley together with a little fine beaten Pepper, and ſtrew this upon the diſh of Smelts with the meat of a Lemon minced very ſmall, alſo then power on excellent Sallet-Oyle, and wring in the juyce of two Lemons, but be ſure none of the *Lemon*-ſeed be left in the Sallet, ſo ſerve it.

To Roaſt a Fillet of Veal.

TAke a Fillet of Beef which is the tendereſt part of the Beaſt, and lyeth only in the inward part of the Surloyne next to the Chyne, cut it as big as you can, then broach it on a broach not too big, and be carefull you broach it not thorow the beſt of the meat, roaſt it leaſurely and baſte it with ſweet Butter. Set a Diſh under it to ſave the Gravy while the Beef is roaſting, prepare the Sauce for it, chop good ſtore of Parſley with

with a few ſweet herbs ſhred ſmall, and the yelks of three or four Eggs, and mince among them the pill of an Orange, and a little onyon, then boyle this mixture, putting into it ſweet butter, Vinegar, and gravy, a ſpoonfull of ſtrong broth, when it is well boyled, put it into your beef, and ſerve it very warm, ſometimes a little groſſe Pepper or Ginger into your ſauce, or a pill of an Orange or Lemon.

To make a Sallet of a cold Hen or a Capon.

TAke the breaſt of a Hen or Capon, and ſlice it as thin as you can in ſteaks, put therein Vinegar, and a little Sugar as you thinke fit, then take ſix Anchoves, and a handfull of Caphers, a little long, groſs or a carrigon, and mince them together, but not too ſmall, ſtrew them on the Sallet, Garniſh it with Lemons, Oranges or barberies, ſo ſerve it up with a little ſalt.

To ſtew Muſhrumps.

TAke them freſh gathered and cut off the hard end of the ſtalk, & as you pill them throw them into a Diſh of white Wine,

after they have lain half an hour or thereupon drain them from the wine, and put them between two ſilver diſhes, then ſet them on a ſoft fire without any liquor, and when they have ſo ſtewed a while, pour away the Liquor that comes from them which will be very black, then put your Muſhrumps into another clean diſh with a ſprig or two of Time, an Onion whole, four or five cornes of whole pepper, two or three cloves, a bit of an Orange, a little ſalt, a bit of ſweet butter, and ſome pure gravy of Mutton, cover them, and ſet them on a gentle fire, ſo let them ſtew ſoftly till they be enough and very tender, when you diſh them blow off all the fat from them and take out the Time, ſpice, and Orange, then wring the juice of a Lemon, and grate a little Nutmeg among the Muſhrumps, toſſe them two or three times; put them in a clean diſh, and ſerve them hot to the Table.

The

The Lord Conway *his Lordſhips reicept for the making of Amber Puddings.*

FIrſt take the Guts of a young hog, and waſh them very clean, and then take two pound of the beſt hogs fat, and a pound and a half of the beſt Jurden almonds, the which being blancht, take one half of them, & beat them very ſmall, and the other halfe reſerve whole unbeaten, then take a pound and a halfe of fine Sugar and four white loves, and grat the Loaves over the former compoſition, and mingle them well together in a baſon, having ſo done, put to it halfe an ounce of Ambergreece, the which muſt be ſcrapt very ſmall over the ſaid compoſition, take halfe a quarter of an ounce of levant muſk and bruiſe it in a marble morter, with a quarter of a pint of orange flower water, then mingle theſe all very well together, and having ſo done, fill the ſaid Guts therwith, this Receipt was given his Lordſhip by an Italian for a great rariety, and has been found ſo to be by thoſe Ladies of honour to whom his Lordſhip has imparted the ſaid reception.

To make a Partridge Tart.

TAke the fleſh of four or five Partridges minced very ſmall with the ſame weight of Beef marrow as you have Partridge fleſh with two ounces of Orange-adoes and green citron minced together as ſmall as your meat, ſeaſon it with Cloves and Mace and Nutmeg, and a little ſalt and Sugar, mix all together, and bake it in puff paſt; when it is baked, open it, and put in halfe a Grain of Muske or Amber braid in a morter or Diſh, and with a ſpoonfull of Roſewater and the juyce of three or four Oranges, when you put all theſe therein, ſtir the meat and cover it again, and ſerve it to the Table.

To keep Veniſon all the year.

TAke the haunch, and parboyle it a while, then ſeaſon it with two Nutmegs, a ſpoonfull of Pepper, and a good quantity of ſalt, mingle them altogether, then put two ſpoonfulls of white Wine-Vinegar, and having made the Veniſon full of holes, as you doe when you Lard it, when it is Larded, put in the Veniſon

ſon at the holes, the *S*pice and Vinegar, and ſeaſon it therewith, then put part into the Pot with the fat ſide downwards, cover it with two pound of Butter, then cloſe it up cloſe with courſe Paſt, when you take it out of the Oven, take away the Paſt, and lay a round Trencher with a weight on the top of it to keep it down till it be cold, then take off the Trencher, and lay the Butter flat upon the Veniſon, then cover it cloſe with ſtrong white Pepper, if your Pot be narrow at the bottom it is the better, for it muſt be turned upon a Plate, and ſtuck with Bayleaves when you pleaſe to eat it.

To bake Brawn.

TAke two Buttocks and hang them up two or three dayes, then take them down and dip them into hot Water, and pluck off the skin, dry them very well with a clean Cloth, when you have ſo done, take Lard, cut it in pieces as big as your little finger, and ſeaſon it very well with Pepper, Cloves, Mace, Nutmeg, and Salt, put each of them into an earthen pot, put in a Pint of Clarret wine, a pound of Mutton Suet. So cloſe it with Paſt

let the Oven be well heated, and ſo bake them, you muſt give them time for the baking according to the bigneſſe of the Haunches, and the thickneſſe of the Pots, they commonly allot ſeven hours for the baking of them; let them ſtand three dayes, then take off their Cover, and poure away all the Liquor, then have clarified Butter, and fill up both the Pots, to keep it for the uſe, it will very well keep two or three months.

To roaſt a Pike.

TAke a Pike, ſcoure off the ſlime, take out the Entralls, Lard it with the backs of Pickled Herrings, you muſt have a ſharp Bodkin to make the holes, no Larding Pins will go thorow, then take ſome great Oyſters, Claret Wine, ſeaſon it with Pepper, Salt, and Nutmeg, ſtuff the belly of the Pike with theſe Oyſters, intermix with them Roſemary, Tyme, Winter-*Savory*, ſweet Marjorum, a little Onyon and Garlick, ſow theſe in the belly of the Pike, prepare two ſticks about the Breadth of a Lath, theſe two ſticks and the Spit muſt be as broad as the Pike being tyed on the *Spit*, tye the Pike on, winding Pack-thread about the Pike along, but there muſt be tyed by the

the pack-thread all along the ſide of the pike which is not defended by the ſpit, and the Lathes Roſemary and Bayes, baſt the pike with Butter and Clarret Wine, with ſome Anchoves deſſolved in it, when it is waſted, rip up the the belly of the Pike, and the oyſter will be the ſame, but the herbs which are whole muſt be taken out.

To ſauſe Eeles

TAke two or three great Eele, rubb them in ſalt, draw out the Guts, waſh them very clean, cut them a thwart on both ſides ſound deep, and cut them again croſs way, then cut them through in ſuch pieces as you think fit, and put them into a diſh with a pint of Wine vinegar, and a handfull of ſalt, have a kettle over the fire with fair Water, and a bundle of ſweet herbs, two or three great onyons, ſome Mace, a few Cloves, you muſt let theſe lie in wine-vinegar and ſalt, and put them into boyling liquor, there let them boyle according to *Cookry*, when enough take out the Eeles, and drain them from the Liquor, when they are cold, take a pint of white wine, boyle it up with ſaffron to colour the wine, then take out ſome of the Liquor, & put it in an earthen

pan take out the onyons & all the herbs, only let the cloves and mace remaine, you muſt beat the ſaffron to powder, or elſe it will not colour.

To make Sauſages without skins.

TAke a leg of young pork, two pound of Beef-ſuet, two handfuls of *Sage*, two loaves of whit bread, ſalt and pepper to your taſt, halfe the pork, and half the ſuet muſt be very well beat in a ſtone Morter, the reſt cut very ſmall, be ſure to cut out all the greſles and *Lenets* in the pork, when you have mixed theſe altogether, knead them into a ſtiffe paſt with the yelks of two or three Eggs, ſo rowle them into ſauſages.

To dreſſe a Pike.

TAke a Male Pike, rub his skin off whilſt he lives with bay ſalt, having well cleared the out ſide, lay him in a large Diſh or Tray, open him ſo as you break not his gawle, cut him according to the ſize of the fiſh in two or three pieces, from the head to the taile muſt be ſlit, this done, they are to be layd as flat as you can in a great Diſh or Tray, poure upon it halfe a pint of white Wine Vinegar, more or leſſe, according to the ſize of

of the Fiſh, then ſtrew upon the inſide of the Fiſh, white Salt plentifully, Bay ſalt beaten very ſmall is better, whileſt this is a doing, let a Skellet with a ſufficient quantity of Reniſh Wine or good white Wine be put over the fire, with the Wine, Salt, Ginger Nutmegg, an Onion, foure or five Cloves of Garlicke, a bunch of ſweet Herbs, *viz.* Sweet Marjoram, Roſemary, peel of half a Lemon, let theſe boyl to the heighth, put in the Pike, with the Vinegar, in ſuch manner as not to quench or allay, if poſſibly the heat of the Liquor but the thickeſt peece firſt that will aske moſt boyling, and the Vinegar laſt of all; while the Pike boyles, take two quarters of a pound of Anchoves, one quarter of very good butter, a Saucer of the Liquor your Pike was boyled in, diſſolved Anchoves. Note that the Liquor, Sauce, the Spice, and the other ingredients muſt follow the proportion of the pike; if your Sauce be too ſtrong of the Anchoves, adde more faire water to it. Note alſo that the Liquor wherein this Pike was dreſſed, is better to boyle a ſecond Pike therein, then it was at the firſt.

To dreſs Eeles.

CUt two or three Eeles into pieces of a convenient length, ſet them end wayes in a pot of Earth, put in a ſpoonful or two of Water, and to them put ſome Herbs and Sage chopt ſmall, ſome Garlick, Pepper and Salt, ſo let them be baked in an Oven.

To boyle a pudding after the Frenſh faſhion.

TAke a Turkey that is very fat, and being puld and dreſt, Lard him with long pieces of Lard, firſt wholed in ſeaſoning of ſalt, Pepper, Nutmegs, Cloves and Mace, then take one piece of Lard whole in the ſeaſoning, put it into the belly with a ſprig of Roſemary and Bayes, ſow it very cloſe in a clean cloth, and let it lye all night covered with white Wine, let it be put into a pot with the ſame Liquor and no more, let it be cloſe ſtopped, then hang it over a very ſoft and gentle fire, there to continue ſix houres in a ſimpering boyle, when it is cold take it out of the Cloth, not before, put it in a Pye plate, and ſtick it full of

Roſemary

Roſemary and Bayes, ſo ſerve it up with muſtard and ſugar, they are wont to lay it on a napkin folded ſquare, and lay it cornerwiſe.

To make a Fricake.

TAke three Chickens, and pull off the skins, and cut them into little pieces, then put them into water with two or three onions, and a bunch of parſly, and when it hath ſtewed a little, put in ſome ſalt and pepper, and a pint of white wine, ſo let them ſtew till they be enough, then take ſome Verjuyce, and Nutmegs, and three or foure yelkes of Eggs, beat them well together, and when you take off the Chickens, put them into a frying pan altogether with ſome butter, ſcald it well over the fire and ſerve it in.

To make a Diſh called Olaves.

TAke a fillet of Veale, and the fleſh from the bones, and the fat and skin from either, cut it into very thin ſlices, beat them with the backe of your Knife, lay them abroad on a Diſh, ſeaſon them with Nutmegg, Pepper, Salt and ſugar, chop halfe a pound of Beefe Suet very ſmall, and ſtrew upon the top of the meat, then take a good handfull of herbs as Parſly, Time, Winter Savoury, Sorrell, and Spinage, chop them very ſmall, and ſtrew over it, and four Egges with the whites, mingle all theſe well together with your hands, then roul it up piece by peece, put it upon the ſpit, roaſting it an hour and half, and if it grow dry, baſte it with a little ſweet Butter, the ſauce is Verjuyce or Clarret wine with the Gravy of the meat and ſugar, take a whole Onyon and ſtew it on a chafing diſh of coales and when it taſtes of the Onyon, pour the liquor from it on the meat, ſetting it a while on the coales, and ſerve it in.

To make an Olave Pye.

THis you may take in a Pye, putting Raiſins of the Sun ſtoned, and ſome Currants in every Olave, firſt ſtrowing upon the meat the whites and yelkes of two boyled Eggs ſhred very ſmall, make you Olaves round, and put them into puff paſte, when it is halfe baked, put in a good quantity of verjuyce or Claret wine ſweetned with Sugar, putting it in again till it be thorow backed.

The Counteſſe of RUTLANDS *Receipt of making the rare* Banbury *Cake which was ſo much praiſed at her Daughtars (the Right Honorable the Lady* Chaworths *)wedding.*

Imprimis

TAke a peck of fine flower, and halfe an an ounce of large Mace, halfe an ounce of Nutmegges, and halfe an ounce of Cinnamon, your Cinnamon and Nutmeggs muſt be ſifted through a Searce, two pounds of Butter, halfe a ſcore of Eggs, put out four of the whites of them, ſome

ſomething above a pint of good Ale yeſt, beate your Eggs very well and ſtraine them with your yeſt, and a little warme water into your flower, and ſtirre them together, then put your butter cold in little Lumpes: The water you knead withall muſt be ſcalding hot if you will make it good paſt, the which having done, lay the paſt to riſe in a warme Cloth a quarter of an houre, or thereupon; Then put in ten pounds of currans, and a little Muske and Ambergreece diſſolved in Roſewater, your currans muſt be made very dry, or elſe they will make your Cake heavy, ſtrew as much Sugar finely beaten amongſt the Currens, as you ſhall thinke the water hath taken away the ſweetneſſe from them, break your paſt into little pieces, into a kimnel or ſuch like thing, and lay a Layer of paſt broken into little pieces, and a Layer of Currans, until your Currans are all put in, mingle the paſt and the Currans very well, but take heed of breaking the Currans, you muſt take out a piece of paſt after it hath riſen in a warme cloath before you put in the currans to cover the top, and the bottom, you muſt role the cover ſomething

thing thin, and the bottom likewiſe, and wet it with Roſewater, and cloſe them at the bottome of the ſide or the middle which you like beſt, prick the top and the ſides with a ſmall long Pin, when your Cake is ready to go into the Oven, cut it in the midſt of the ſide round about with a knife an inch deep, if your Cake be of a pecke of Meale it muſt ſtand two hours in the Oven, your Oven muſt be as hot as for Manchet.

An excellent Sillabub.

FIll your Sillabub pot with *Syder* (for that is the beſt for a Sillabub) and good ſtore of Sugar and a little Nutmeg; ſtir it well together, put in as much thick Cream by two or three ſpoofuls at a time, as hard as you can, as though you milke it in, then ſtir it together exceeding ſoftly once about, and let it ſtand two hours at leaſt ere it is eaten, for the ſtanding makes the Curd.

To Sauce a Pig.

TAke a faire large Pigge and cut off his Head, then ſlit him thorow the midſt then take forth his bones, then lay him in warme water one night, then Collar him up like Brawne; then boyle him tender in faire water, and when he is boyled put him in an earthen Pot or Pan into Water and Salt, for that will make him white, and ſeaſon the fleſh, for you muſt not put Salt in the boyling, for that will make it black, then take a quart of the ſame broth, and a quart of white wine; boyl them together to make ſome drink for it, put into it two or three Bay leaves, when it is cold uncloath the Pig, and put it into the ſame *drink* & it wil contenue aquarter of a year. It is a neceſſary Diſh in any Gentlemans Houſe; when you ſerve it in, ſerve it with greene Fennell, as you doe Sturgion with Vinegar in Saucers.

To make a Virginia Trout.

TAke Pickled Herrings, cut off their Heads, and lay the bodies two dayes and nights in water, then waſh them well, then

then ſeaſon them with Mace, Cinamon, Cloves, Pepper, and a little red ſaunders, then lay them cloſe in a pot with a little onyon ſtrewed ſmall upon them, and caſt between every Layer; when you have thus done, put in a pint of Clarret wine to them, and cover them with a double paper tyed on the pot, and ſet them in the oven with houſhold bread. They are to be eaten cold.

To make a fat Lambe of a Pig.

TAke a fat Pig and ſcaid him, and cut off his head, ſlit him and truſs him up like a Lamb, then being ſlit through the middle, and flawed, then parboyle him a little, then draw him with parſley as you do a Lamb, then roaſt it and dridg it, and ſerve it up with butter, pepper, and Sugar.

To make Rice Pancakes.

TAke a pound of Rice, and boyle it in three quarts of water till it be very tender, then put it into a pot covered cloſe, and that will make a Jelly, then take a quart of Cream or new Milke, put

put it ſcalding hot to the Rice, then take twenty Eggs, three quarters of a pound of melted butter, a little ſalt, ſtirre all theſe well together, put as much flower to them as will make them hold frying, they muſt be fryed with Butter, they muſt be made over night, beſt.

Mrs. Dukes *Cake.*

TAke a quarter of a peck of the fineſt flour, a pint of Cream, ten yelks of Egges well beaten, three quarters of a pound of butter gently melted, pour on the floure a little Ale yeſt, a quarter of a pint of Roſe water, with ſome Muske, and Ambergreece diſſolved in it, ſeaſon all with a penny worth of Mace and Cloves, a little Nutmeg finely beaten, Currans one pound and a halfe, Raiſins of the ſun ſtoned, and ſhred ſmall one pound, Almonds blanch'd and beaten, halfe a pound, beat them with Roſewater to keep them from Oyling: Sugar beaten very ſmall, half a pound; firſt mingle them, knead all theſe together, then let them lie a full houre in the Dough together, then the Oven being made ready, make up your Cake, let not the Oven be too hot, nor ſhut up the mouth of it too cloſe

cloſe, but ſtir the Cake now and then that it may bake all alike, let it not ſtand a full houre in the Oven. Againſt you draw it have ſome Roſewater and Sugar finely beaten, and well mixed together to waſh the upper ſide of it, then ſet it in the Oven to dry, when you draw it out, it will ſhew like Ice.

To make fine Pancakes fried without Butter, or Lard.

TAke a pint of Creame, ſix new layd Eggs, beat them very well, put in a quarter of a pound of Sugar, one Nutmeg or beaten Mace which you pleaſe, as much flower as will thicken them almoſt as thick as for ordinary Pancakes, your Pan muſt be cleane wiped with a Cloth, when it is reaſonably hot, put in your Butter, or thick or thin as you pleaſe, to fry them.

To ſot Veniſon.

TAke a haunch of Veniſon not hunted, and bone it, then take three ounces of Pepper beaten, twelve Mutmegs, with a handfull of Salt, and mince them together with Wine Vinegar, then wet your Veniſon with Wine Vinegar and ſeaſon it

it, then with a knife make holes on the lean sides of the Hanch, and stuff it as you would stuff Beef with Parsley, then put it into the Pot with the fat side downward then clarifie three Pound of Butter, and put it thereon, and Past upon the Pot, and let it stand in the Oven five or six hours, then take it out, and with a vent presse it down to the bottome of the Pot, and let it stand till it be cold, then take the Gravy of the top of the Pot and melt it, and boyle it half away and more, then put it in again with the Buter on the top of the Pot.

To make a Marchpan; to Ice him, &c.

TAke two pound of Almonds blanched, and beaten in a stone Morter till they begin to come to a fine Past, and take a pound of sifted Sugar, and put it in the Morter with the Almonds, and so leave it till it come to a perfect Past, putting in now and then a Spoonfull of Rosewater to keep them from Oyling; when you have beaten them to a perfect Past cover the Marchpan in a sheet, as big as a Charger, and set an edge about as

as you do about a Tart, and a bottome of wafers under him; thus bake it in an oven or baking pan, when you ſee your march-pan is hard and dry, take it out and Ice him with Roſewater and ſugar being made as thick as butter for Fritters; ſo ſpread it on him with a wing-fether; ſo put it into the Oven againe, and when you ſee it riſe high, then take it out and garniſh it with ſome pretty conceits made part of the ſame ſtuff, ſtick long cumfets upright in him, ſo ſerve it.

To make Jelly the beſt manner.

TAke a Leg of Veale, and pare away the fat as clean as you can, waſh it throughly, let it lie ſoaking a quarter of an hour or more, provided you firſt breake the bones, then take foure Calves feet, ſcald off the hair in boyling water, then ſlit them in two, and put them to your Veale, let them boyle over the fire in a braſſe pot, with two Gallons of water or more, according to the proportion of your Veal, ſcum it very clean and often; ſo let it boyle till it comes to three pintes or little more, then ſtrain it through a cleane ſtrainer, into a Baſon

Baſon, and ſo let it ſtand till it be through cold and well jellied, then cut it in pieces with a Knife, and pare the top and the bottome of them, put it into a Skellet, take two ounces of Cynamon broken very ſmall with your hand, three Nutmegs ſliced, one race of Ginger, a large Mace or two, a little quantity of Salt, one Sponfull of Wine Vinegar, or Roſe-Vinegar, one pound and three quarters of Surar, a pint of Reniſh-wine, or white Wine, and the Whites of fifteen Eggs, well beaten; put all theſe to the Jelly, then ſet it on the fire, and let it ſeeth two or three wames, ever ſtirring it as it ſeeths, then take a very clean Jelly bag, waſh the bottom of it in a little Roſe water, and wring it ſo hard that there remaine none behind, put a branch of Romary in the bottom of the bag, hang it up before the fire over a Baſon; and pour the Jelly-bag into the Baſon, provided in any caſe you ſtir not the Bag, then take Jelly in the Baſon and put it into your bag again, let it run the ſecond time and it will be very much the clearer; ſo you may put it into your Gally-pots or Glaſſes which you pleaſe, and ſet them a cooling on Bay ſalt, and when

when it is cold and ſtiffe you may uſe it at your pleaſure, if you will have the jelly of a red colour uſe it as before, onely inſtead of Reniſh wine uſe Clarret.

To make poor knights.

CUT two penny loaves in round ſlices, dip them in half a pint of Cream or faire water, then lay them a broad in a diſh and beat three Eggs and grated Nutmegs and ſugar, beat them with the Cream then melt ſome butter in a frying pan, and wet the ſides of the toaſts and lay them in on the wet ſide, then poure in the reſt upon them, and ſo fry them, ſerve them in with Roſewater, ſugar and butter.

To make Shrewsbury Cakes

TAke two pound of flower dryed in the Oven and weighed after it is dryed, then put to it one pound of Butter that muſt be layd an hour or two in Roſewater, ſo done poure the Water from the Butter, and put the Butter to the flower with the yelks and whites of five Eggs, two races of Ginger, and three quarters of a pound of Sugar, a little ſalt, grate your ſpice and it well be the

the better, knead all these together till you may rowl the past, then rowl it forth with the top of a bowle, then prick them with a pen made of wood, or if you have a comb that hath not been used, that will do them quickly, and is best to that purpose, so bake them upon pye plates, but not too much in the Oven, for the heat of the plates will dry them very much, after they come forth of the Oven you may cut them without the bowles of what bigness or what fashion you please.

To make beef like red Dear to be eaten cold.

TAke a buttock of beef, cut it the long wayes with the grain, beat it well with a rowling pin, then broyl it upon the coals, a little after it is cold, draw it throw with Lard, then lay in some white wine Vinegar, Pepper, Salt, Cloves, Mace and Bay-leaves, then let it lie three or four dayes, then bake it in Rye past, and when it is cold fill it up with butter, after a fortnight it will be eaten.

To

To make Puffs.

TAke a pint of Cheeſe Curds and drein them dry, bruiſe them ſmall with the hand, put in two handfuls of flower, a little Sugar, three or four yelks of Eggs, a little Nutmeg and Salt; mingle theſe together and make them little, like eyes, fry them in freſh butter, ſerve them up with freſh Butter and Sugar.

To make a Haſh of Chickens.

TAke ſix Chickens, quarter them, cover them almoſt with water, and ſeaſon them with Pepper and Salt, and a good handful of minced Parcely, and a little white Wine, when they are boyled enough put ſix Eggs only the yelks, put to them a little Nutmeg and Vinegar, give them a little wame or two with the Chickens, poure them altogether into the Diſh and ſerve them in, when you put on the Eggs, and a good piece of Butter.

To make an Almond Caudle.

TAke three pints of Ale, boyle it with Cloves, Mace, and ſliced Bread into it, then have ready beaten a pound of

blanched Almonds ſtamped in a Mortar with a little white Wine, then ſtrain them out with a pint of white Wine, thicke your Ale with it, ſweeten it as you pleaſe, and be ſure you skim the Ale well when it boyles.

To make ſcalding Cheeſe towards the latter end of May.

TAke your Evening Milke and put it into Boules, or Earthen Pans, then in the Morning fleet off the Creame in a boule by it ſelfe, put the fleet Milke into a Tub with the Morning Milke, then put in the nights Creame, and ſtir it together, and heat the Milke, and put in the Rennet, as for ordinary new Milke Cheeſe it is to be made thicke; when the Cheeſe is come, gather the Curd into a Cheeſe cloath, and ſet the Whey on the fire till it be ſeething hot, put the Cheeſe in a Cloath into a Killar that hath a waſte in the bottome, and pour in the hot Whey, then let out that, and put in more till your Curd feele hard, then breake the Curd with your hands as ſmall as you can, and put an handfull of Salt to it, then put it into the Fat, thrune it at [illegible] and at night, and next day put it into

into a Trough where Cheeſe is ſalted every day, and turne it as long as any will enter, then lay it on a Table or Shelfe all Summer; if you will have it mellow to eat within an yeare, it muſt be laid in Hay in the Spring; if to keep two yeares, let it dry on a Shelfe out of the Wind all the next Summer, and in Winter lay them in Hay a while, or lay them cloſe one to another; I ſeldome lay any in Hay, I turne and rub them with a rotten cloth eſpecially when they are old once a week leaſt they rot.

To pickle Purſlaine.

TAke Purſlaine, ſtalks and all, boyle them tender in faire Water, then lay them drying upon linnen Clothes, then being dryed, put them into the Galley-pots and cover them with wine Vinegar mixt with Salt, and not make the Pickle ſo ſtrong as for Cucumbers.

FINIS.

The Table to the Compleat COOK.

To make a Poſſet the Earle of *Arundels way.* 3
To boyle a Capon larded with Lemons, 4
To bake Red Deere. *ibid*
To make fine Pancakes fryed without Butter or Lard. 5. 115
To dreſſe a Pig the French manner. *ibid*
To make a *Steake* Pye with a French Pudding in the *Pye.* 6
An excellent way for dreſſing Fiſh. 7
To Fricaſe Sheeps feet. *ibid*
To Fricaſe Calves Chaldrons. 8
To Fricaſe Campignions. 9
To make buttered *Loaves.* *ibid*
To marine Carps, Mollet, Gornet, Rocher or Wale. 10
To make a Calves Chaldron Pye. ibid
To make a pudding of Calves Chaldron. 11
To make a *Banbury* Cake. 12
To make a *Devonſhire* White Pot. *ibid*
To make Rice cream. 13
To make a very good *Oxfordſhire* Cake ibid
To make a Pompion Pye. 14
To make the beſt Sauſages 25. 29
To boyl freſh fiſh. 16
To make friters *ibid* 33
To make Loaves of Cheeſe curd *ibid*
To make fine Pyes after the French faſhion. 17

A ſingular

The Table.

A ſingular good receipt for making a Cake.
To make a great curd Loaf 18
To make buttered Loaves of Cheeſe curds. 19
To make Cheeſe Loaves *ibid*
To make Puffe 20
To make Elder Vinegar 21
To make good Vinegar 21
To make a collar of Beefe 22
To make an Almond Pudding 23
To boyle Cream with French Barley 24
To make Cheeſe cakes 25. 82
To make a quaking Pudding *ibid*
To pickle Cucumbers 26
To pickle broom buds *ibid*
To keep Quinces all the year 27
To make a goosbery fool *ibid*
To make an Oatmeale pudding 28
To make a green pudding *ibid*
To make toaſts 29
A ſpaniſh cream 30
To make clouted cream *ibid*
A good cream 31
To make Pyramids cream 32
To make a ſack cream 33
To boyl Pigeons *ibid*
To make an apple tanſey 34
A french barley cream *ibid*
To make a chicken or Pigeon Pye 35
To boyl a capon or Hen. 37
To make bals of Veal 38
To make Mrs. *Shelleyes* cake *ibid*
To make Almond Jumbals 39
To make cracknels 40
To pickle Oyſters 41
To boyl cream with codlings *ibid*
To make the Lady *Abergavenes Cheeſe* 42

To dreſſe ſnails 43
To boyl a rump of Beef after the French faſhion 45
An excellent way of dreſſing fiſh 46
To make fritters of Sheeps feet *ibid*
To make dry Salmon calvert in the boyling *ibid*
To make bisket bread *ibid*
To make an *Almond* pudd ng 48
To make an Almond caudle 49. 122
To make Almond bread *ibid* 47
To make Almond cakes 50
Maſter *Rudſtones* poſſet 51
To boyl a capon with Ranioles *ibid*
To make a biſque of carps 53
To boyl a pike and an Eele together 55
To make an outlandiſh diſh 56
To make a Portugal diſh *ibid*
To dreſſe a diſh of Hartichocks 57
To dreſſe a Fillet of Veal the Italian way 58
To dreſſe ſoales 59. 68
To make furmity *ibid*
To make a patis or cabbage cream 60
To make Pap 61
To make Spaniſh Pap 62
To poach Eggs *ibid*
A pottage of beefe pallats 63
The *Jacobins* pottage 64
To ſalt a Gooſe 65
A way of ſtewing Chickens or Rabbets *ibid*
A pottage of *Capons* 67
A *Carp* Pye 69
To Boyle Ducks after the French faſhion *ibid*
To boyle a gooſe with Sauſages 70
To fry chickens 71
To make a Battalia Pye *ibid*
To make a Chicken Pye 72
To make a Pye of a *Calves* head *ibid*

To

To make Cream with Snow 73
To make minced Pyes 74
To dry Neats tongues 75
To make jelly of Harts horn. ibid
To make Chickens fat in four or five dayes 76
To make Angelot ibid
A Perſian Diſh 77
To roaſt a ſhoulder of Mutton ibid
To roaſt a Leg of Mutton to be eaten cold 78
To roaſt Oyſters. 79
To make a Sack Poſſet. 80
Another ibid
To make a Sack Poſſet without Milk or Cream 81
To make a ſlump Pye. ibid
To make Taffaty Tarts. 83
To make freſh Cheeſe 84
To make Sugar cakes or Jumbals ibid
To haſh a ſhoulder of Mutton 85
To dreſſe Flounder or Plaice with Garlicke and Muſtard 86
A turkiſh diſh 87
To dreſſe a Pike ibid 104
To dreſſe Oyſters 90
To dreſſe Flounders 91
To dreſſe Snailes ibid
To dreſſe pickle fiſh 92
To fricaſe Beef pallats 93
A ſpaniſh *Olio* 94
To make Metheglin 96
To make a ſallet of ſmelts 97
To a Fillet Beef 98
To make a Sallet of a cold Hen or Capon 99
To ſtew Muſhrumps ibid
The Lord *Conway* his receipt for the making of Amber puddings 99
To make a Partridge tart 105
To keep Veniſon all the yeare ibid

To make brawn 101
To roaſt a Pike 102
To ſauce Eeles 103
To make lauſages without skins 104
To dreſſe Eeles 106
To boyle a pudding after the French faſhion, *ibid*
To make a fricaſe 107
To make a diſh called Olaves 108
To make an Olave Pye 109
The *Counteſſe* of *Rutlands* Receipt of making a rare *Banbury Cake* *ibid*
An excellent Syllabub 111
To ſauce a Pig 112
To make a Virginia trout *ibid*
To make Rice pancakes 113
To pot Veniſon 115
To make a Marchpan to ice him 116
To make jelly the beſt manner 117
To make poor Knights 119
To make *Shrewsberry Cakes* 119
To make Beef like Red Deer to be eaten cold 120
To make Puffe 121
To make a Haſh of Chicken *ibid*
To make an Almond caudle 122
To make ſcalding Cheeſe towards the latter end of *May* 122
To Pickle Purſleine. *ibid*

FINIS.

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